

Sublime to Ridiculous

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Department of Medicine

VA DOM Holiday Party *Dazzles & Entertains*

If you missed the annual shin-dig, read on to ensure it will be emblazoned on your calendar for next year. “*Missing this twice is a ‘Never Event.’*” stated party orchestrator Dr. Josue Zapata. Faculty & staff, numbering some 150 people (including frolicking children and brooding pre-teens), gathered December 16th at the Presidio Log Cabin. Tucked away on a serene hill overlooking the city, the family-feel and warmth in this cozy venue was palpable. Despite the torrential downpour, members of the VA DOM came to celebrate the year with amazing food selection and festivities. Groups gathered and giggled and were treated to specialty drinks, including ‘*TMS Punch*’ and ‘*Ft Miley Nog*’. Children intermingled with toys, games, and coloring pages, and were treated to a special visit from Santa. Yes, THE REAL Santa came and dazzled little ones with gifts & magic—and older ones with joint exams & ritux injections—putting last year’s stand-in Santa to shame. McQuaid overheard that he was now spending time in the California State Penitentiary (*elf embezzlement*).



Cliff House September 7, 1907

“My barn having burned to the ground, I can now see the moon...”
CHINESE PROVERB



Buck Strewler, Anne Fabiny, Ritu Patel and Gurpreet Dhaliwal inching towards the dessert table

It was evident who put the most forethought into the event, when the Davoren Duo appeared in awesome matching outfits. Wow! Members of all thirteen divisions could be heard m-m-murmuring about the hit ‘mini grill cheese’ appetizers paired with mini-bowls of tomato soup.

Carols were sung with the help of little ones & willing faculty—*Rudolph the Red Nose* Reindeer and a *12-Days of Miley* tribute to Ken for his leadership & good-spirited ways.

The memorable experience of a fire alarm was an unexpected gift—



Hospitalist recruiting activities starting earlier each year. Potential new faculty: Veer (age 3 months) and Grace (age 7) being wooed at party

especially for parents of young ones, who were blessed with an opportunity to escape and make a regular bedtime. The rest of us enjoyed forced fresh air on an unusually balmy & rainy evening as well as rich conversation under fire-hazard heat lamps.

Overall—the party served as another reminder of the wonderful place we work and the amazing people we share our days with. Thank you to everyone who came & contributed to the festive evening.



Ben & Lisa Davoren, fierce competitors in Happy Contest

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KEN’S KORNER

TRIVIA

SFVA WORD FIND

IMPORTANT DATES

MORALE COMPASS

Good Read

In case you missed the chance to intellectually devour the October 3, 2018 VHA-Weekly Digest in your inbox, take a moment to read the below message—which beautifully captures all things special about the VA. Great elevator speech, though not clear it's okay to end a sentence with 'of'. HN



The One-and-Only VA

Dr. Richard Stone
Executive in Charge, VHA

Like you, I feel a great sense of pride in working for a healthcare organization that is one-of-a-kind. We are completely unique, because the patient population we care for is unique.

Aside from Medicaid, no other healthcare system in the U.S. treats as many poor and low-income patients—many of whom are unemployed, homeless or both. Some of these patients are not just sick physically and mentally; they are struggling with drug and alcohol abuse.

We don't just provide these patients with healthcare services; we give them social and legal support as well. We give them housing. And in their final days and hours we make sure they feel comfortable, cared for and respected.

Long story short, we are a healthcare organization specifically designed to meet the distinct healthcare needs of our nation's Veterans. No one else does what we do, or as well as we do it. No one even comes close.

We're able to do this because we are an integrated healthcare system with vast clinical expertise when it comes to service-connected conditions such as PTSD, traumatic brain injury, chronic traumatic encephalopathy and polytrauma. Secondly, we take a holistic view of our Veteran patients that includes their physical, spiritual, psychosocial and economic well-being. We treat people, not symptoms.

And thirdly, we embrace a team approach to the care we deliver. For example, of the nearly 10,000 pharmacists who work at VA, about 4,000 are specially trained clinical pharmacy specialists—many of whom serve as medication experts on each Veteran's unique healthcare team. For nearly 40 years, VA pharmacy professionals have demonstrated their impact on medication safety, quality of care and improved clinical outcomes for Veterans.

Did you know we also have the largest training program for post-doctoral pharmacists nationwide? Seventeen years ago we started out with 114 residencies; we now have over 600 residency programs and fellowships.

Finally, let's not forget VA's historical role as a research powerhouse, producing advances in medicine that benefit not only Veterans, and not only Americans—but all mankind. I'd say that's something to be proud of.

MAKING THE VA PROUD

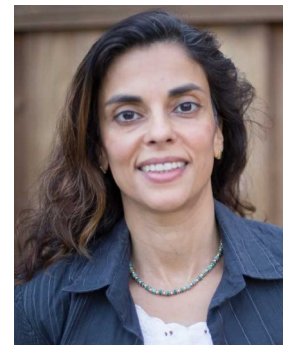
- ◆ **Dr. Mary Whooley** received the 2018 Academy of Consultation-Liaison Psychiatry Foundation Research Professor Award in recognition of her research achievement and mentoring
- ◆ **Dr. John Teerlink** of Cardiology was elected to the Executive Committee of the Heart Failure Society of America, as well as to the Acute Heart Failure Committee of the European Society of Cardiology. Given that he is celebrating 20-years in Federal Service this year, John is actively considering a presidential run in 2020. I'd vote for you, John.
- ◆ **Dr. Denise Davis** of DGIM was appointed VP of Diversity, Equity and Inclusion for the Academy on Communication in Healthcare
- ◆ **Dr. Heather Whelan** of Hosp Med was appointed UCSF School of Medicine Faculty Co-Director of Career Advising
- ◆ **Drs. Alex Smith and Eric Widera's** GeriPal podcast has been listened to over 100,000 times, with nearly 10,000 plays per month over the last several months.
- ◆ **Dr. Nate Baskin** of Hosp Med was selected one of the Journal of Hospital Medicine's most highly rated peer reviewers for 2018 based on timeliness, thoroughness and constructiveness.
- ◆ **Dr. Gurpreet Dhaliwal** was honored with the creation of a Gurpreet Dhaliwal Visiting Professor Lecture which will take place annually in the fall, accompanied by a dinner to honor UCSF Department of Medicine Master Clinicians.



STRANGE BEDFELLOWS? VA & CANNABIS RESEARCH

We want to take the opportunity to highlight resounding successes of our SFVA cannabis research program, led by Dr. Salomeh Keyhani in collaboration with Dr. Beth Cohen, both from General Internal Medicine. Their work focuses on the health effects of marijuana.

Salomeh's research career began at Mount Sinai and the Bronx VA following completion of the RWJ Clinical Scholar's Program, and transitioned to UCSF/SFVA in 2011. Her interest in cannabis research grew ~3-4 years ago when she noted overwhelmingly positive media coverage on the topic which didn't seem rooted in evidence. She states, "I recall one NPR story in which a guest stated something to the effect of *"wouldn't it be great if tobacco companies got into the cannabis business because instead of selling death, they would be selling this herb which brings life."* I was a bit taken aback that there wasn't an on-air rebuttal or discussion of some kind."



Dr. Salomeh Keyhani

To help address the paucity of evidence in the field, she has since teamed up with investigators across the VA. She launched a cohort study to examine cardiovascular effects of marijuana with Beth Cohen and has collaborated with numerous other SFVA investigators, including Amy Byers, Louise Walter, Michael Shlipak, Carl Grunfeld, Mehrdad Arjomandi, James Frank and Tauheed Zaman, on different papers and/or grant applications. Salomeh and Beth have written a number of grants examining the health effects of cannabis which are currently under review.

The research program yielded eight publications in 2018, and has several more under review for the incredibly productive year. Main areas of focus include:

- a) Evidence review: Two systematic reviews were published on respiratory and cardiovascular effects of cannabis in the Annals of Internal Medicine. A third on the association of marijuana use with different forms of cancer is forthcoming.

....continued on page 3...VA & Cannabis

TRAINEE TALES: INTERVIEWPALOOZA

By Heather Nye

It's that time of year again, when potential interns swarm the hallways searching for a sign that UCSF might be the right place for them. Gaggles of dark-suited, excited, and somewhat nervous residency candidates are led through the medical center every Monday and Thursday from mid November to early January. The days when it gets just a little harder to find a seat at M&M (and you simultaneously feel underdressed) are exciting ones indeed—and a reminder of that sense of anticipation for the future.



Of the over 3,000 UCSF Internal Medicine Residency applicants each year, only ~300 are invited for interviews to vie for one of 62 intern slots. Our three-campus program offers a tour that starts with Parnassus for all applicants. Afterwards, those interested in molecular medicine or primary care tracts may interview at the ZSFG or Parnassus, and categorical candidates or anyone interested in PRIME find their way to the SFVAHCS. Some ~130 applicants shuttle over to Fort Miley each year. It's a ton of work for Chief Residents, the Residency Site Director and all the faculty interviewers.

When asked about favorite SFVA tour stops, Chiefs Armond, Chloe, and Evan (ACE team) mention 1) the walkway outside the cafeteria (view of the Golden Gate) 2) the magical bridge between buildings 200 and 203 3) the massive candy bowl in the chief's office as must-see items at the VA, sure to lure. It's hard not to boast about the tremendous beauty of our hospital site and surroundings.



Dr. Susie Wlodarczyk of Hospital Medicine has taken the reins as Interim Site Director following Dr. Christina Quist's departure. What she appreciates the most about her role in this herculean endeavor is working with the amazing ACE squad to welcome applicants, and getting interesting insights by asking visitors "what is your favorite condiment?" as an icebreaker. Whether mustard, mayo or ketchup prevails, every year seems to draw the best and the brightest—and we expect this year to be no different.



VA & Cannabiscontinued from page 2

b) National Surveys: A survey of US adults to gauge public opinion was in *Annals of Internal Medicine* and there are plans to study trends in views towards risks and benefits of marijuana use over time.

c) Cohort studies: There is an ongoing prospective cohort study focused on the cardiovascular effects of marijuana use. Effects of marijuana use in the elderly will also be examined.

Had you not been aware of the burgeoning field right here in our own back yard—take a moment to tip your hat to these investigators and their pioneering work in an area ripe for discovery.

By Heather Nye

FACULTY FEATURE

Meet Cynthia Delgado



Dr. Cynthia Delgado started as faculty in the SFVAHCS Nephrology division in 2010. She is currently the Director of the Dialysis Program and Chief of Outpatient Clinics.

She has been lauded as a truly extraordinary administrative & organizational force in these roles, and critical to their success and smooth function. Cynthia also played an active part in launching Telehealth Primary Care with Dr. Billy Smith and others at its inception with her background in primary care. It seems wherever she lands, success follows.

Cynthia's journey to Lands End was anything but direct. She is 1st generation 'mainland', of Puerto Rican decent and proudly born New Jerseyan. When she was young, her family moved to Southern California, where she would later attend San Diego State University ('Go Aztecs!'). New Jersey succeeded in wooing her home to Robert Wood Johnson Medical School (now known as Rutgers Medical School), which was followed by medical residency at Mount Sinai Medical Center. While initially planning to enter the field of gastroenterology, Cynthia became smitten with acid-base physiology, and ultimately took a left turn at the renal artery. She was West-bound once again for a UCSF nephrology fellowship in 2007.

Following training, Cynthia received a Career Development Award (CDA) to study frailty in patients with chronic kidney disease (CKD). In this collaborative work, she helped demonstrate that poor physical function is more common among patients with *both* early & advanced CKD, some 2-3 times higher compared to the general population. To date, few studies have addressed this issue.

Cynthia's current work focuses on screening techniques to improve early detection of functional decline in the clinic setting and examining CKD disturbances as potential new targets to improve physical function.

When asked why she works at the VA, Cynthia states that the VA actually *chose her* (grant funding, CDA). She is very glad that it did—and holds a special place in her heart for veterans. Caring for this vulnerable patient population with unique needs, makes her job particularly rewarding.

Time outside the hospital is driven by a passion for dance. Cynthia actually spent time in a dance company during college, and more recently, has been focusing on salsa dancing, and hoping to try tango later this year. "Dancing, quite simply," she states, "brings pure joy." Her other favorite past times include yoga and running. A talented and well-balanced member of our department, Cynthia is a shining example of 'homeostasis'!

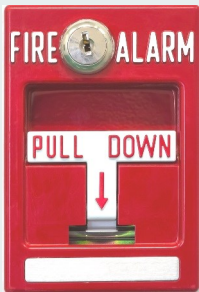


PARTY FAVOR FAUX PAS

“In the end, it was a poor choice,” noted Josue Zapata, after admitting his idea for party favors resembling fire alarms went horribly wrong. “I guess it was only a matter of time before one of the kids spotted the real alarm.”

On the positive side, many valuable lessons were learned when the alarm sounded and temporarily interrupted the 2018 VA DOM Holiday Party.

- 1) You cannot ‘undo’ a fire alarm (*no matter how quickly you try—it locks*)
- 2) Forced outdoor time in a small space fosters good conversation
- 3) We were lucky the fire department came and incidentally discovered the heat lamps were too close to the patio ceiling (*where everyone was huddled for ‘safety’....*). Ah, the irony.
- 4) No one is really in charge (*not Ken, not Santa*)
- 4) Many parents requested this activity for all future parties
- 5) It could have been your kid

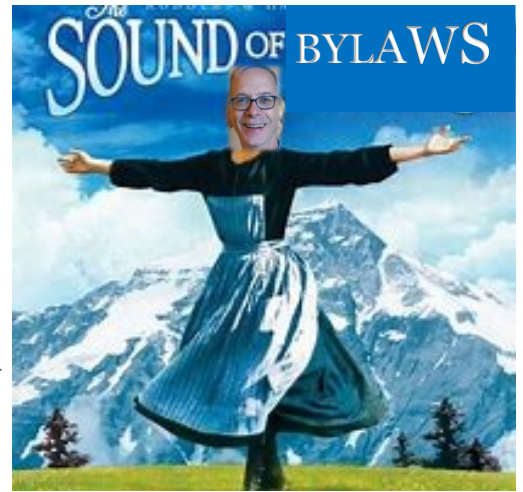


IN BRIEF...

SFVA to sing new hospital bylaws. Recognizing how few faculty take the time to read important hospital bylaws each year, a movement to create a “Sound of Music” bylaw sing-a-long is afoot. “*The hills are alive...with the sound of bylaws...policies we’ve had for a thousand years...*” McQuaid is responsible for translating APPOINTMENTS AND CREDENTIALING to ‘**My Favorite Things**’ and MEDICAL STAFF COMMITTEES to “**Sixteen going on Seventeen.**” Participation is mandatory.

Dr. Jody Garber selected as finalist for “Diagnosis is Right” gameshow host, knockoff of Price is Right. “*It’s just an honor to be recognized for my even-keeled temperament and knee-slapping humor!*” Dr. Garber exclaimed, “*I feel like I’ve been training for this my whole career,*” referring to the gameshow appeal of the Emergency Department. *Door #1, Door #2, or Door #3?*

Teak Room Advances, Month 24: Permit on the door appears to have been re-taped with an extended deadline. Also overheard in the room were two voices and three strikes of a hammer in November 2018. Progress!

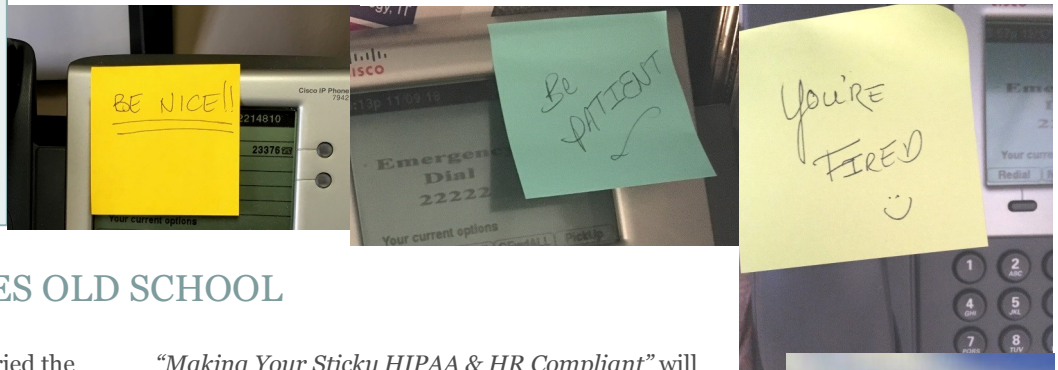


Pole Club Announced: Whether a badge of honor or scar of humility, if your car has ever been a victim of the Parking Garage Death Pole (giver of dents & scrapes), you may appreciate some company in your chagrin. Join the support group, compare repair costs, and debate *Who’s idea were those poles anyway?* And remember, you’re not alone.

TMS Releases Disruptive Behavior 5 Taser & Blow Dart Use: *When containment isn’t enough.* Stun grenades still under consideration.

“If you can’t say anything nice... just write it down”

STICKY PHILOSOPHY



REIMAGINE TEAM GOES OLD SCHOOL

“It’s NOT ROCKET SCIENCE PEOPLE!” cried the Chief of Patient & Employee Experience after a frustrating 13-hour **Re-imagine Retreat** this fall.

Having engaged in innumerable complex discussions around strategies to improve employee and patient satisfaction, most attendees were exhausted.

At last, Pulmonary faculty member Dr. Katie Sarmiento quietly held up a pad of simple sticky notes. The room quieted, and the path to a new culture was clear. If you can’t say anything nice, don’t say anything at all (or just write it down). If you can’t remember to be nice, remind yourself.

In a sweeping reform of national VA practices, sticky notes are slated to replace all formal feedback sessions and the annual review process in 2019. TMS modules on “*Sticky Note Best Practices*” and

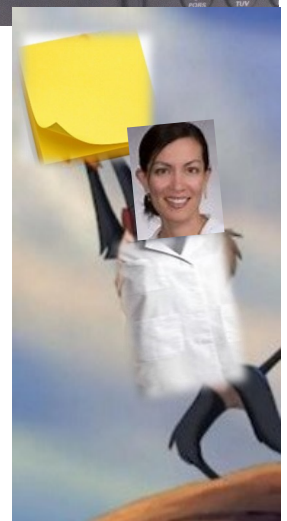
“*Making Your Sticky HIPAA & HR Compliant*” will be assigned in February 2019.

Other promising ideas for interventions included 1) Serving good food 2) Saying please and thank you, 3) Treating someone else’s calendar like yours would like to be treated.

Quickly vetoed were suggested slogans “*Because I Said So*” “*Why Would I Care?*” and “*I Got Your Email, I’m Just Not Responding.*”

“Communicating directly with one another is really out of vogue,” stated one faculty member. “We are now on the cutting edge—and hopefully it will cut down on countless hours of unnecessary conflict and discomfort.”

One step forward, 100 steps back.



LOPEZ GUNS FOR JUMBOTRON HIGHLIGHTS REEL

Having previous experience as an 11-year old child, Lenny Lopez danced as if no one (or everyone) was watching on the Oracle jumbotron, despite Warriors' 16 point deficit and 17.8% shooting percentage at half-time against the Raptors. His 11 year old accomplice, Nicholas Nye, shared the limelight & helped assuage the dismal basketball performance.



Dr. Nima Afshar had previously worn the banner of "Fame-seeking medicine faculty member," utilizing his adorable child to attract cameras during the Warriors' 2015 playoff run. Team General Manager Bob Meyers was overheard after the loss discussing contract terms for a potential teaming up of Lopez (aka LLO) and famed Dancing Warriors Mom for a dance-box at Chase Center in fall of 2019.

KEN'S 12 DAYS AT MILEY

SOMETIMES IT'S JUST LONELY AT THE TOP

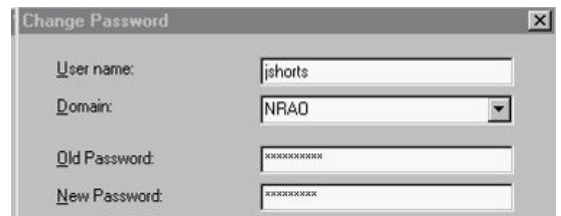
- On my **first** day at Miley the VA gave to me...
A freshly expired ID
- On the **second** day at Miley the VA gave to me...
Two-pass word resets and a
- On the **third** day at Miley the VA gave to me...
SAIL data
- On the **fourth** day at Miley the VA gave to me...
Four failing metrics,
- On the **fifth** day at Miley the VA gave to me...
O- P- P- E s!!!
- On the **sixth** day at Miley the VA gave to me...
Six chiefs complaining
- On the **seventh** day at Miley the VA gave to me
Seven searches searching
- On the **eighth** day at Miley the VA gave to me...
Eight committee meetings...
- On the **ninth** day at Miley the VA gave to me...
Nine more suspenses
- On the **tenth** day at Miley the VA gave to me...
Trash overflowing
- On the **eleventh** day at Miley the VA gave to me...
Eleven learning modules

On the **twelfth** day at Miley the VA gave to me...

- Twelve grateful patients**
- Eleven** learning modules
- Trash** overflowing
- Nine** more suspenses
- Eight** committee meetings...
- Seven** searches searching
- Six** chiefs complaining
O- P- P- E s!!!
- Four** failing metrics
- SAIL data,
- Two** password resets,
and a freshly expired ID

Recognizing the innumerable tasks imposed upon our fearless leader, faculty showed their appreciation with a surprise *Ode to Ken* at the Holiday Party last month.

Tossing aside notions of pear trees and golden rings, the crowd recounted daily headaches with which our chief must grapple—including well-known VA password woes and committee meetings—and sang them to the tune of 12-Days of Christmas. Many were puzzled by 'OPPEs' and 'Suspenses' to which Ken responded—"Be glad, be very glad." Children who had just sang "Rudolph the Red Nose Reindeer" were confused about expired IDs, but totally went with it.



I READ IT SOMEWHERE....NEW PUBLICATIONS

Dr. Dan Bikle of Endo. Oda Y, Hu L, Nguyen T, Fong C, Zhang J, Guo P, Bikle DD. **Vitamin D Receptor Is Required for Proliferation, Migration, and Differentiation of Epidermal Stem Cells and Progeny during Cutaneous Wound Repair.** *J Invest Dermatol.* 2018 Nov

Dr. Rebecca Brown of Geriatrics Nicosia FM, Spar MJ, Steinman MA, Lee SJ, Brown RT. **Making Function Part of the Conversation: Clinician Perspectives on Measuring Functional Status in Primary Care.** *J Am Geriatr Soc.* 2018 Dec

Dr. Beth Cohen of DGIM 1) Eswarappa M, Neylan TC, Whooley MA, Metzler TJ, Cohen BE. **Inflammation as a predictor of disease course in PTSD and depression: A prospective analysis from the Mind Your Heart Study.** *Brain Behav Immun.* 2019 Jan

2) Ryder AL, Azcarate PM, Cohen BE. **PTSD and Physical Health.** *Curr Psychiatry Rep.* 2018 Oct 26

Dr. Ken Covinsky of Geriatrics 1) Aliberti MJR, Cenzer IS, Smith AK, Lee SJ, Yaffe K, Covinsky KE. **Assessing Risk for Adverse Outcomes in Older Adults: The Need to Include Both Physical Frailty and Cognition.** *J Am Geriatr Soc.* 2018 Nov

2) Wolff JL, Mulcahy J, Roth DL, Cenzer IS, Kasper JD, Huang J, Covinsky KE. **Long-Term Nursing Home Entry: A Prognostic Model for Older Adults with a Family or Unpaid Caregiver.** *J Am Geriatr Soc.* 2018 Oct

Dr. Gurpreet Dhaliwal of DGIM. 1) Thammasitboon S, Rencic JJ, Trowbridge RL, Olson APJ, Sur M, Dhaliwal G. **The Assessment of Reasoning Tool (ART): structuring the conversation between teachers and learners.** *Diagnosis (Berl).* 2018 Nov

2) Murthy VK, O'Brien B, Dhaliwal G. **An Inquiry Into the Early Careers of Master Clinicians.** *J Grad Med Educ.* 2018 Oct

3) Brondfield S, Kaplan L, Dhaliwal G. **Palatal Mucormycosis.** *J Gen Intern Med.* 2018 Oct

Dr. Sanket Dhruva of Cardiology Dhruva SS, Ross JS, Desai NR. **Alirocumab's Price Reduction.** *Circulation.* 2018 Oct 9

Dr. Rabih Geha of ED 1) Geha R, Trowbridge RL, Dhaliwal G, Olson APJ. **Teaching about diagnostic errors through virtual patient cases: a pilot exploration.** *Diagnosis (Berl).* 2018 Nov

2) Minter DJ, Manesh R, Cornett P, Geha RM. **Putting Schemas to the Test: An Exercise in Clinical Reasoning.** *J Gen Intern Med.* 2018 Nov

Dr. Liane Gensler of Rheumatology. Lockwood MM, Gensler LS. **Nonradiographic axial spondyloarthritis.** *Best Pract Res Clin Rheumatol.* 2017 Dec

Dr. John Greenland of Pulm/CC Calabrese DR, Lanier LL, Greenland JR. **Natural killer cells in lung transplantation.** *Thorax.* 2018 Oct

Dr. Tonya Kaltenbach of GI. 1) Yu JX, Oliver M, Lin J, Chang M, Limketkai BN, Soetikno R, Bhattacharya J, Kaltenbach T. **Patients Prescribed DOACs Have Low Risk for Post-Polypectomy Complications.** *Clin Gastro Hepatol.* 2018 Nov

2) Soetikno R, Kolb JM, Nguyen-Vu T, Jayasekera CR, Bogie R, Yu J, Asokkumar R, Sanduleanu S, Kaltenbach T. **Evolving endoscopy teaching in the era of the Millennial trainee.** *Gastrointest Endosc.* 2018 Nov

Dr. Karla Kerlikowske of DGIM Karliner LS, Kaplan C, Livaudais-Toman J, Kerlikowske K. **Mammography facilities serving vulnerable women have longer follow-up times.** *Health Serv Res.* 2018 Nov

Dr. Jeff Kohlwes of DGIM Subramanian A, Connor DM, Berger G, Lessing JN, Mehta N, Manesh R, Kohlwes J. **A Curriculum for Diagnostic Reasoning: JGIM's Exercises in Clinical Reasoning.** *J Gen Intern Med.* 2018 Oct

Dr. Lenny Lopez of Hosp Med. Echeverría SE, Divney A, Rodriguez F, Sterling M, Vasquez E, Murillo R, Lopez L. **Nativity and Occupational Determinants of Physical Activity Participation Among Latinos.** *Am J Prev Med.* 2018 Nov

Dr. Rakesh Mishra of Cardiology Fitzpatrick JK, Meyer CS, Schiller NB, Whooley MA, Mishra RK. **Ventricular-Vascular Coupling at Rest and after Exercise Is Associated with Heart Failure Hospitalizations in Patients With Coronary Artery Disease.** *J Am Soc Echocardiogr.* 2018 Nov

Dr. Gabby Schmajuk of Rheumatology 1) Gianfrancesco MA, Trupin L, Shiboski S, van der Laan M, Graf J, Imboden J, Yazdany J, Schmajuk G. **Smoking Is Associated with Higher Disease Activity in Rheumatoid Arthritis: A Longitudinal Study Controlling for Time-varying Covariates.** *J Rheumatol.* 2018 Dec

2) Yazdany J, Caplan L, Fitzgerald J, Schmajuk G. **The Evolving Art and Science of American College of Rheumatology Guidelines.** *Arthritis Rheumatol.* 2018 Nov 30

3) Schmajuk G, Jafri K, Evans M, Shiboski S, Gianfrancesco M, Izadi Z, Patterson SL, Aggarwal I, Sarkar U, Dudley RA, Yazdany J. **Pneumocystis jirovecii pneumonia (PJP) prophylaxis patterns among patients with rheumatic diseases receiving high-risk immunosuppressant drugs.** *Semin Arthritis Rheum.* 2018 Nov

4) Ragouzeos D, Gandrup J, Berrean B, Li J, Murphy M, Trupin L, Yazdany J, Schmajuk G. **"Am I OK?" using human centered design to empower rheumatoid arthritis patients through patient reported outcomes.** *Patient Educ Couns.* 2018 Oct

5) Schmajuk G, Yazdany J. **Further Lessons in Pneumocystis Pneumonia Prophylaxis.** *JAMA Intern Med.* 2018 Nov

6) Gianfrancesco MA, Tamang S, Yazdany J, Schmajuk G. **Potential Biases in Machine Learning Algorithms Using Electronic Health Record Data.** *JAMA Intern Med.* 2018 Nov

- 7) **Schmajuk G**, Hoyer BF, Aringer M, Johnson SR, Daikh DI, Dörner T; **SLE classification criteria steering committee and the international SLE expert panel of the initiative. Multicenter Delphi Exercise to Identify Important Key Items for Classifying Systemic Lupus Erythematosus.** *Arthritis Care Res* (Hoboken). 2018 Oct
- Dr. Dolores Shoback** of Endo Babey M, Brandi ML, Shoback D. **Conventional Treatment of Hypoparathyroidism.** *Endocrinol Metab Clin North Am*. 2018 Dec
- Dr. Alex Smith** of Geriatrics. 1) Moré JM, Lang-Brown S, Romo RD, Lee SJ, Sudore R, Smith AK. **"Planting the Seed": Perceived Benefits of and Strategies for Discussing Long-Term Prognosis with Older Adults.** *J Am Geriatr Soc*. 2018 Dec
- 2) Romo RD, Cenzer IS, Williams BA, Smith AK. **Relationship Between Expectation of Death and Location of Death Varies by Race/Ethnicity.** *Am J Hosp Palliat Care*. 2018 Oct
- Dr. Rebecca Sudore** of Geriatrics 1) David D, McMahan RD, Sudore RL. **Living Wills: One Part of the Advance Care Planning Puzzle.** *J Am Geriatr Soc*. 2018 Dec
- 2) Sudore RL. **Preparing Surrogates for Complex Decision Making: The Often Neglected Piece of the Advance Care Planning Equation.** *JAMA Intern Med*. 2018 Nov
- 3) Sudore RL, Schillinger D, Katen MT, Shi Y, Boscardin WJ, Osua S, Barnes DE. **Engaging Diverse English- and Spanish-Speaking Older Adults in Advance Care Planning: The PREPARE Randomized Clinical Trial.** *JAMA Intern Med*. 2018 Dec
- 4) Lum HD, Barnes DE, Katen MT, Shi Y, Boscardin J, Sudore RL. **Improving a Full Range of Advance Care Planning Behavior Change and Action Domains: The PREPARE Randomized Trial.** *J Pain Symptom Manage*. 2018 Oct
- 5) Odierna DH, Katen MT, Feuz MA, McMahan RD, Ritchie CS, McSpadden S, Burns M, Volow AM, Sudore RL. **Symptom Assessment Solutions for In-Home Supportive Services and Diverse Older Adults: A Roadmap for Change.** *J Palliat Med*. 2018
- Dr. Mike Shlipak** of DGIM Ginsberg C, Craven TE, Chonchol MB, Cheung AK, Sarnak MJ, Ambrosius WT, Killeen AA, Raphael KL, Bhatt UY, Chen J, Chertow GM, Freedman BI, Oparil S, Papademetriou V, Wall BM, Wright CB, Ix JH, Shlipak MG; **SPRINT Research Group.PTH, FGF23, and Intensive Blood Pressure Lowering in Chronic Kidney Disease Participants in SPRINT.** *Clin J Am Soc Nephrol*. 2018 Dec 7;13(12):1816-182
- Dr. Michael Steinman** of Geriatrics 1) Steinman MA. **Reducing hospital admissions for adverse drug events through coordinated pharmacist care: learning from Hawai'i without a field trip.** *BMJ Qual* . 2018 Nov 24
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****We sincerely regret any inadvertent omissions of your work—and hope you reach out to share it for the next newsletter. Frankly, Dr. Gabby Schmajuk didn't leave a lot of room for anyone else....Congratulations to all! This is simply amazing.****

ALL I REALLY NEED TO KNOW...

By Heather Nye

...I learned in Kindergarten.

Inclusion is a term used with increased frequency in today's world; heard in the context of learning differences in education, in race and gender diversity discussions, cultural differences and any number of other contexts. Our elementary school celebrated "Inclusion Day" a few weeks ago—and the children decorated colorful swaths of material, resembling Nepalese prayer flags, with words of encouragement and acceptance.



Lovely sentiments from the earliest writers' contributions to articulate 5th grade words: 'Be brave, be who you are,' 'I hope you have a peaceful day,' 'Believe you are special and unique. Be kind and others will too.'

A few weeks later I happened to ask Dr. Rebecca Shunk for a photo and any powerful lessons she recalled from Kindergarten. After much thought, she recounted a story of when she struggled with learning her colors in Kindergarten. Apparently, the teacher prohibited children from taking home their coloring book until they learned all their colors. (HARSH!) This was of course very sad and frustrating for Rebecca—as many classmates had mastered the task more quickly.



Dr. Rebecca Shunk, age 6

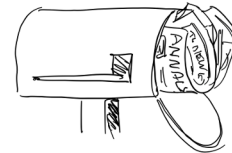
One day a young friend let Rebecca take home HER own coloring book, "And I never forgot it. It meant so much to me." That simple gesture was an early lesson in kindness. Rebecca concludes, 'One of the most important things you can do in a day is be kind to others.' When I look at the sentiments on all the hanging prayer flags at the school, this is all I see. You may call it what you like, but inclusion has always been 'included' in kindness.

NONDIAGNOSTIC IMAGING

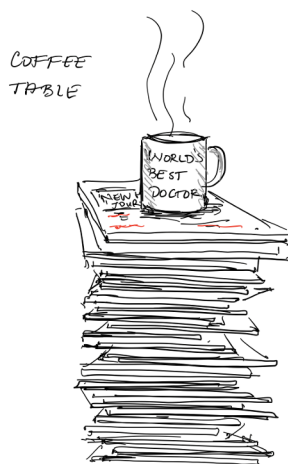
Erika Price

NEW YEAR'S RESOLUTION:

MAKE THE MOST OF THOSE MEDICAL JOURNALS!*



COMING SOON TO A PINTEREST PAGE NEAR YOU...



E. Price



*AFTER DEFINITELY READING THEM ALL CAREFULLY FIRST.

TREADMILLS & PELOTONS: WHAT WE ACCOMPLISHED

By Heather Nye

We may find ourselves complaining at times about work and never getting anywhere—or maybe use the phrase “like I’m on a treadmill” in disparaging ways to describe the sense of no progress. At the same time, we extol virtues of exercise equipment for the exertional (some would say addicting) rush it provides—as well as the long term gains of fitness with repetitive hard work.

To this day, Groundhog Day is still one of my favorite movies. In it Bill Murray is a rude, despicable human being assigned the thankless task of covering the Groundhog Punxsutawney Phil news feature. Cosmic forces relegate him to reliving the same day over and over and over until he gets it right.

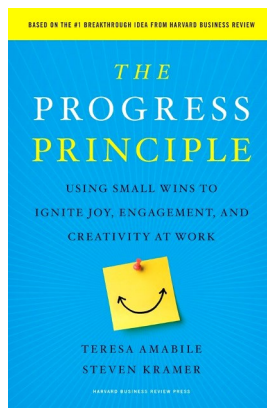


Throughout the movie, try as he might to end it all—he continues to wake up each morning at 6a to Sonny & Cher on February 2nd. The moral, of course, is ultimately how much a person can do in a single day to make a difference in the lives of others. Hapless, self-

centered and negative behavior transforms into sensitivity, awareness of others’ needs, and random (or not so random) acts of kindness. And suddenly, the day is packed with goodness.

In case I lost you, get on your Peloton already, rent the movie Groundhog Day, and pedal away. No matter how repetitive or seemingly without end your work may sometimes feel, you are making progress and an enormous difference in others’ lives. Change your ‘progress’ lens to include those small victories & kindnesses given while slogging it out on the treadmill. Celebrate that you’ve made the world just a little better every day .

What you do matters. Make it count.



November 2018 Med Service Staff Meeting



“What would you do if you were stuck in one place and every day was exactly the same and nothing you did mattered?”

Bill Murray,
Groundhog Day



Now, for some more notable **2018 SFVA DOM accomplishments**, a far-from-complete list is below. Some we’ve achieved together and some have just happened. In any case, let’s toast to a successful year at the SFVA!

- 1) Salary raises for all
- 2) New administrative staff hired
- 3) UCSF/ VA Website launched
- 4) *Sublime to Ridiculous* Newsletters
- 5) Federal support of flex tours for physicians working ‘shifts’
- 6) New centralized space on 1A for admin staff
- 7) Two New Division Chiefs:
Cardiology– Kizer
Heme/Onc– Wang
- 8) Section Chief searches in progress:
Pulmonary/CC
Endocrine
GIM
- 9) Running Team for 2019 Kaiser Half-Marathon
- 10) New COS, Dr. Bruce Ovbiagele
- 11) Staff meetings changing to Monday/Friday to accommodate more faculty
- 12) Refreshments now available at Staff Meetings
- 13) Record attendance at Faculty Staff Meetings (*see photo below*)
- 14) Construction of Building 40 Approved & other projects moving forward
- 15) 2019 VA Budget Approved
- 16) Two new social workers hired for early 2019!



KEN'S KORNER

IN ALL SERIOUSNESS

One of the 'themes' of our first newsletter of 2019 is 'fire'. Our Medical Service was indeed 'on fire' last year. We continued to blazon the trail within the VA and UCSF in several clinical programs (Tele-sleep, Tele-Primary care, interventional cardiology, perioperative clinic, advanced renal disease) and education (Bridges, COE, PRIME, student and resident rotations). Insofar as research and scholarship is concerned, just take a look at the number and quality of 1st and last authored publications over the last 3 months! You people are hot! There are so many other accomplishments in 2018 to celebrate, most especially our UCSF/VA website, this newsletter, and the addition of two new Division Chiefs (welcome Sunny and Jorge). We should all bask in the warm glow of our collective efforts.



Ken's magical thinking face

My global anxiety was mitigated however with the advent of the holiday season. Surrounded at our VA Holiday Party by wonderful, dedicated colleagues and friends, my spirits were uplifted by your warm smiles, affection, and laughter. Most especially the presence of so many of your children - with their chirping voices, optimism, and unbounded energy (fire alarm!) - reminded me of just how wonderful and wacky life is. I don't know about Santa Claus and unicorns, but I do believe we work and live in a magical place.

I look forward to a productive and creative 2019 for the Ft. Miley Medical Service. Keep those passions burning.

Ken

Stepping away from our Ft. Miley hearth, none of us has forgotten the deadly wild fires this fall that wreaked such terrible devastation in northern California and impacted many patients and staff in the northern CBOCs. The suffocating air pollution that lingered for weeks was an acrid reminder to those of us in the Bay Area that we are not immune to the impact of global warming.



TRIVIA: Guess faculty to whom these sticky note reminders belong:
 A. *Be Nice* C. *Be Patient*
 B. *You're Fire* D. *Be Optimistic*

SFVA WORD FIND

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

SUGGESTIONS? We want to hear from you... Send us your news, ideas, and trivia answers! **DOM Leadership Team**

Editor: Heather Nye, Heather.nye@va.gov

LAST ISSUE'S TRIVIA

Faculty —> **Talent** winner: none

Paul Sullam —> guitar

Heather Nye —> sing, guitar

Nima Afshar—> Hamilton rap Jody Garber & James Frank

—> sour dough baking

Respiratory Trivia: winner: chief resident Evan Walker

Bird lungs are most efficient because the flow of air and blood are counter-current (like CVVHD)

IMPORTANT DATES

TMSMODULE
 GRAHAM
 HOPEL
 TIMESHEET
 TELEHEALTH
 SUSPENSE
 NCIRE
 VISN
 VISTA
 FPPE
 MCQUAID
 CLC
 TEAKROOM
 CENTRALOFFICE
 OPPE
 VATAS
 GRANDGROUNDS
 OIG
 CPRS
 CANTEEN

- ◆ **Employee Yoga**...Mon/Tues 4:30-5:30p
- ◆ **MLK/Pres Day**.....Mon 1/21, 2/18
- ◆ **Director's Open Forum** with Bonnie Graham...share your innovations & ideas!
 Wed Jan 16 12-1p & Tues Feb 26 3:30-4:30p
RSVP to sherri.eng@va.gov
- ◆ **Whole Health 101**.....all day Tues Jan 29
To sign up: Call Integrative Health Program Manager Jenny Tighe at 628-256-5808
- ◆ **Kaiser 1/2 Marathon**.....Sun Feb 3 am
- ◆ **Super Bowl LIII**.....Sun Feb 3 pm
- ◆ **Daylight Savings**.....Sun Mar 10
- ◆ **Residency Match Day**.....Fri Mar 15