

# General Internal Medicine Newsletter



## Message from Division Leadership

Welcome to 2020 and congratulations on completing an extraordinary 2019! This holiday season gave us a chance to reflect upon the many things we are grateful for at home and at work. We would like to take the opportunity in this newsletter to thank all the staff for their outstanding support of General Internal Medicine initiatives, activities, and our tripartite mission. We are so proud of each one of you for continuing to be engaged and dedicated to excellent work. As we look forward to the challenges and opportunities of the new year, we are confident that your collaborative work will enable our division to thrive and the field of internal medicine to move forward. For the third year in a row, we are excited to start accepting candidates for the GIM Internship Program, and the [application is now open](#)—please disseminate this information to anyone that might be interested. Wishing you and your families a healthy and happy new year!

**Anita Mesi, MBA** | Administrator, GIM

## Clinical Updates

**Esther Wei, NP**, is proud to have a Centers for Disease Control–recognized Diabetes Prevention Program in place—one of a few primary care practices in NYC to provide this service. The program is delivered by RNs, RDs, and NPs who are certified DPP Lifestyle Coaches. The program consists of 16 weekly group sessions followed by 6 monthly sessions. The goals for participants are to achieve weight loss of 5–7% of their body weight and increase physical activity to 150 min/wk. Click on the link to view the [Prediabetes Risk Test](#).

**Matthew McCarthy, MD**, was named Unit Medical Director for Greenberg 14 South, where he will oversee patient care, the learning environment, and the implementation of novel technologies on the floor.

## Research Updates

**Iris Navarro-Millan, MD**, Assistant Professor of Medicine, was funded by the Rheumatology Research Foundation for her study *The Moving Well Intervention: A Peer Coaches Program for Patients with Osteoarthritis Planning Total Knee Arthroplasty*. The award duration is July 1, 2020, through June 30, 2022, in the amount of \$400,000.



**Madeline Sterling, MD**, Assistant Professor of Medicine, was awarded a K23 Mentored Patient-Oriented Research Career Development Award from NIH for her project *Leveraging Home Health Aides to Improve Outcomes in Heart Failure*. The award duration is December 15, 2019, through November 30, 2024, in the amount of \$960,398.



## Education Updates

**Ernie Esquivel, MD**, has been appointed Associate Vice Chair for Education in the Weill Department of Medicine. He obtained his medical degree from the University of Virginia and completed his residency training at the University of Rochester. Subsequently, he completed a Nephrology Fellowship at Yale University. Dr. Esquivel joined the faculty at Weill Cornell Medicine in 2010 as Associate Clerkship Director before becoming Clerkship Director in 2014. He currently serves on the Council of Clerkship Directors for Internal Medicine and is obtaining his Master of Health Professions Education from Massachusetts General Hospital. Dr. Esquivel is focused on creating novel educational programming that promotes internal medicine as a career path and is invested in faculty development and curriculum building.

# General Internal Medicine Newsletter



**Drs. Rebecca Berger, Jennifer Chester, Moshe Lehrer, Marisol Nardi, Parimal Patel, and Michael Torres Lizardi** served as new Clinical Preceptors for first-year Weill Cornell medical students in November and December 2019, a course aimed at introducing students to the doctor-patient relationship and medical interviewing skills. We are thankful for their contribution.

## Primary Care Innovation Program

**YOU'RE INVITED!** The 3<sup>rd</sup> Annual Primary Care and Hospital Medicine Innovation Symposium will be held on February 27, 2020, from 8am–3pm in Belfer Research Building 302-ABCD. The symposium will include oral and poster presentations of clinical, educational, and research



innovations in inpatient and outpatient internal medicine, mentoring network sessions, and more. Invited keynote speaker **Abby Spencer, MD**, Associate Professor of Medicine at Cleveland Clinic Lerner College of Medicine, will give her talk on *Motivation, Innovation, Inspiration, Transformation: Why GIM Doctors Are Leading Medical Education*.

The Primary Care Innovation Program funded three seed grant projects for 2019–2020. The awardees are **Rachel Friedlander** (Resident), **Lauren Balkan** (Resident), and **Adrienne Clemont** (MS2). We look forward to hearing about their progress in the months to come.

As a marketing initiative, we shared our accomplishments and goals for clinical care, education, and research with many of our patients this holiday season.

## Cornell Center for Health Equity (CCHEq)

**SAVE THE DATE!** The 3<sup>rd</sup> Annual Cornell Center for Health Equity Symposium: April 16–17, 2020, in

Brooklyn Borough Hall. The symposium will be in collaboration with the Weill Cornell Medicine Sandra and Edward Meyer Cancer Center.

The **Health Equity Seminar Series** takes place every first Friday of the month. This quarter we had three center members present: **Joseph Shin, MD**, *Trauma Exposure and Mental Health Among Child and Adolescent Asylum Seekers in the US, 2014–2018*; **Mangala Rajan, MBA**, *Interplay between Disability, Health, and Employment in the USA*; and **Jessica Ancker, PhD**, *Emerging Issues in Collection and Application of Data on Social Determinants of Health*. To learn more, visit [centerforhealthequity.cornell.edu](http://centerforhealthequity.cornell.edu).

## Honors & Awards

**Erica Phillips, MD**, was honored with an award from the Family and Friends Christian Worship Center along with Alvin V. Freeland at the Crystal Awards 2019 Ceremonial Gala. The special evening was designed to recognize individuals for their outstanding achievements and contributions to society through their communities, religious organizations, and humanitarian endeavors.

## Publications

**Ramin Asgary, MD**, [Acceptability and Implementation Challenges of Smartphone-Based Training of Community Health Nurses for Visual Inspection with Acetic Acid in Ghana: mHealth and Cervical Cancer Screening](#)

**George Bao, MD**, [Tai Chi for Enhanced Inpatient Mobilization: A Feasibility Study](#)

**George Bao, MD**, [Why Do They Look So Happy?](#)

**Ruijun Chen, MD**, [Comprehensive Comparative Effectiveness and Safety of First-Line Antihypertensive Drug Classes: A Systematic, Multinational, Large-Scale Analysis](#)

**Justin Choi, MD**, [Clinical Progress Note: Procalcitonin in the Diagnosis and Management of Community-Acquired Pneumonia in Hospitalized Adults](#)

# General Internal Medicine Newsletter



**Justin Choi, MD**, [Procalcitonin Utilization in the Real World: An Observational Study of Antibiotic Prescribing Practices](#)

**Ernie Esquivel, MD**, [Impact of Diagnostic Bone Biopsies on the Management of Non-Vertebral Osteomyelitis: A Retrospective Cohort Study](#)

**Ernie Esquivel, MD**, published chapter, “Kidney Injury, Acute” in *Symptom to Diagnosis: An Evidence-Based Guide*, 4<sup>th</sup> ed.

**Parag Goyal, MD**, had several publications during this period; click [here](#).

**Matthew McCarthy, MD**, [Dalbavancin Reduces Hospital Stay and Improves Productivity for Patients with Acute Bacterial Skin and Skin Structure Infections: The ENHANCE Trial](#)

**Laura Pinheiro, PhD**, [Determining the Impact of a Cancer Diagnosis on Diabetes Management: A Systematic Literature Review](#)

**Monika Safford, MD**, had several publications during this period; click [here](#).

**David Scales, MD**, [Ethical Implications for Potential Placebo Effects of Point of Care Ultrasound](#)

**Madeline Sterling, MD**, [Health Equity and Implementation Science in Heart, Lung, Blood, and Sleep-Related Research](#)

## Promotions

**Elizabeth Baquero, EdD**, has been promoted to Research Program Manager for Dr. Monika Safford.

**Kathryn Zhu, MPA**, has been promoted to Fellowship & Educational Program Coordinator.

## Spread the Word

**Ramin Asgary, MD**, Clinical Associate Professor of Medicine, was the Keynote Speaker at the 2019 Transformative Primary Care: Promoting Health and Well-Being for Displaced, Immigrant and Vulnerable Patients Conference in Rome, Italy. His opening session was titled *Evolving the Healthcare Delivery System to Meet the Needs of Vulnerable Populations*. The

conference was jointly provided by Healthfirst, Corinthian Medical IPA, Albert Einstein College of Medicine, and Montefiore Medical Center, and included a private audience with Pope Francis for an introduction into this health disparities topic.

**Ernie Esquivel, MD**, delivered a lecture entitled *Quality Improvement Principles Applied to Education Innovations* at the recently concluded Harvard Macy Institute Course for Postgraduate Medical Educators in Boston, MA. He also offered the first 2-week elective on Introduction to Medical Education to fourth-year medical students at Weill Cornell Medicine, focusing on Effective Clinical Teaching and QI Principles Applied to Medical Education. Seven medical students enrolled in the course and designed two QI projects focused on medical education.

**Ezra Gabbay, MD**, Assistant Professor of Medicine, passed the American Board of Internal Medicine 2019 Nephrology Certification Examination with an impressive score.



**Matthew McCarthy, MD**, gave lectures at New York University School of Medicine and University of Albany on *The Ethical Challenges of Superbugs* and *Why Is It So Hard To Make an Antibiotic?* He was also invited to lecture at the Schueler Foundation International Forum in Chicago, IL, on *Investigational Agents for the Treatment of Mucormycosis*.

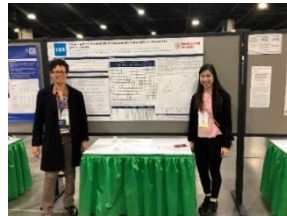
**Iris Navarro-Millan, MD**, was featured on the Hospital for Special Surgery newsroom for pre-habilitation after knee replacement. Read more [here](#).

**Madeline Sterling, MD**, and **Peggy Leung, MD**, presented at the Gerontological Society of America in Austin, TX, on November 14 on their work *Beyond Functional Support: Paid Caregivers and the Health of Older Adults*.

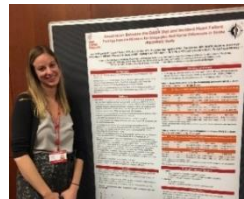
# General Internal Medicine Newsletter



**Iris Navarro-Millan, MD**, and **Geyanne Lui, BS**, attended the 2019 American College of Rheumatology Annual Meeting from November 8–13 in Atlanta, GA. A total of six projects were accepted as posters and oral presentations.



**Iris Navarro-Millan, MD**, **Matthew McCarthy, MD**, **Joana Bryan Ringel, MPH**, and **Geyanne Lui, BS**, were selected to present on their work at the Weill Department of Medicine 4<sup>th</sup> Annual Research Retreat on October 18.



**Monika Safford, MD**, gave Pediatrics Grand Rounds on November 12 at Weill Cornell Medicine on *How We Can Achieve Health Equity: The Cornell Center for Health Equity*.

**Madeline Sterling, MD**, was a guest speaker on the Core IM podcast to discuss her work with home care workers. Click [here](#) to listen to the podcast.

## GIM Grand Rounds

GIM Grand Rounds takes place every first Thursday of the month. The following speakers gave grand rounds: **Matthew McCarthy, MD**, on *The Hospital Medicine Clinical Research Unit: A Vision for the Future*; **Shreya P. Trivedi, MD**, on *(NNT) Number Needed to Tweet: Leveraging Twitter for Your Mission*; and **Lisa Kern, MD**, on *Understanding U.S. Healthcare Policy from 2010 to the Present: What You Need to Know to Make Sense of Current Policy Debates*. For speaker recommendations, please email [Fred Pelzman, MD](#), or [Jigar Contractor, MD](#).

## Welcome to the Team!

### Staff

**Nebahat Bayrakcioglu, MA**, Primary Care Clerkship Coordinator

**Musarrat Nahid, MSc**, Research Data Analyst

**Katelyn Zingg, BA**, Program Assistant–PALS

## Farewell!

**Amanda Carmel, MD**, Assistant Professor of Clinical Medicine

**Michael Gao, MD**, Assistant Professor of Clinical Medicine

**Meron Kiros Weldeab, MD**, Assistant Professor of Clinical Medicine

**Janey Peterson, EdD**, Associate Professor of Clinical Epidemiology in Medicine

**Shakeilla Shabazz, MD**, Assistant Professor of Clinical Medicine

**Mary Elizabeth Kelsner, MBA**, Clinical Operations Administrator

**Deanna Jannat-Khan, DrPH**, QI & Patient Safety Regulatory Manager

**Jacqueline Topol, MS**, Nutritionist

## Congratulations!



**Dr. Susana Morales** was married on June 29, 2019, to Cecil J. Sells. Wishing you both a life full of love and happiness!