

# General Internal Medicine Newsletter



## Message from Division Leadership

I trust everyone's summer is off to a great start! Although we all know in academic medicine, summer can be an elusive concept with the new academic year starting, new faculty and staff coming on board, grant deadlines, and the like! This is certainly true in GIM. As we embark on a new academic year, we have 14 new faculty joining us in Hospital Medicine, Adult Internal Medicine, and Integrative Health and Wellbeing. Welcome to those that are new to WCM, and congratulations to those who are staying on board as faculty following fellowship and residency training. Congratulations are also in order for many of our departing staff, including several of our Research Assistants who got into medical school! It's an honor for GIM to be part of the journey of training new clinicians and investigators and springboarding their careers in medicine. This is all on the heels of a very eventful spring. We had a fantastic turnout at this year's Primary Care and Hospital Medicine Innovations Symposium and witness impressive work from those supported by seed grants. Our division was well represented at this year's SGIM conference in Colorado. We embark on the new academic year with a focus on the divisional goals we developed this spring in the clinical, research, and education arenas. Thank you to those of you who provided feedback and input to help shape the future of our division. On behalf of all the division leadership, we look forward to another year of success and growth thanks to the collective effort of all our faculty and staff!

**Blake Rambo, JD, MBA | Division Administrator**

## Group Peer Mentoring Program (GPM)

We are thrilled to launch our next year of Group Peer Mentoring (GPM), a career development program for Weill Cornell faculty that will run from Fall 2023 – Spring 2024. Facilitated group peer mentoring has been shown in the literature to lead to career advancement, improve physician vitality, and have benefits in the realms of diversity, equity, and inclusion. We will have

opportunities for faculty from a variety of career paths to join a peer mentoring group, including early and mid-career researchers, clinician-educators, leaders in medical education, and experienced faculty. To learn more or apply, click [here](#)! The application deadline is **July 7, 2023**.

## Research Updates

**Erica Phillips, MD**, Jack Fishman Associate Professor of Cancer Prevention, is a recipient of a U54 grant for \$9.8M from the National Institute of Health that will support the creation of five new centers nationally for cancer control research in persistent poverty areas. The Center for Social Capital, led by Weill Cornell Medicine and Columbia University, will work with Black/African American, Caribbean American, and Hispanic communities in the South Bronx, north-central Brooklyn, Washington Heights, and Western Queens in New York City to test the effectiveness of cancer education and tobacco cessation programs in promoting multigenerational health. Dr. Phillips serves as one of the center's overall principal investigators and the lead investigator of an innovative cancer and social justice education project that will be implemented in 10 NYC public middle schools. **Laura Pinheiro, PhD**, Assistant Professor of Health Services Research, will co-lead the center's research methodology core.



**Arnab Ghosh, MD**, Assistant Professor of Medicine, has received several awards for this period; see full list below:

**Project Title:** *AccelNet-Design: A Global Network of Networks of Integrated Urban Services (GNNIUS) for Healthy and Smart Cities* | Funding Source: National Science Foundation | Award Duration: 2023-2025  
Grant Amount: \$250,000

**Project Title:** *Evidence-based urban greening to reduce heat-related morbidity and mortality in the age of*

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*climate change* | Funding Source: Cornell University Academic Venture Fund | Award Duration: 2023-2025  
Grant Amount: \$150,000

**Project Title:** *Developing a Clinical Risk Prediction Tool to Reduce Disparities in Heat-related Morbidity*  
| Funding Source: Dalio Center for Health Justice | Award Duration: 2023-2025 | Grant Amount: \$100,000

**Project Title:** *Urban greening programs and health: A mixed methods approach to improving environmental justice* | Funding Source: Environmental Defense Fund  
Award Duration: 2023-2024 | Grant Amount: \$100,000

## Primary Care Innovations Program (PCI)

On May 25, 2023, the PCI program hosted the 6<sup>th</sup> **Annual Primary Care & Hospital Medicine Innovations Symposium**. This year the PCI program provided \$140k to fund 9 innovative interdisciplinary projects across campus, consisting of 5 faculty, 1 fellow, 2 residents, and 1 student awardee in various topics related to primary care. The half-day symposium began with opening remarks from **Dr. Fred Pelzman, Interim Dean Francis Lee**, and **Dr. John Leonard**. A keynote address was given by **Tara Bishop, MD**, Founder of Black Opal Ventures and Clinical Associate Professor of Population Health Sciences, on *Innovation in*



*Healthcare: How Health Systems Can Lead the Way*. Other event highlights included past competitive seed grant presentations, top abstract presentations, and compelling poster sessions from abstracts selected during an open call for abstracts earlier this year. This year's event showcased posters from medical students, residents, fellows, and faculty from WCM, NYP-Queens, Houston Methodist Hospital, Memorial Sloan Kettering Cancer Center, and Hospital for Special Surgery. The event concluded with closing remarks and a Twitter raffle giveaway from **Dr. Monika Safford**. The

symposium was a forum to get to know others with similar interests and to become familiar with the ongoing innovative work on-campus and off-campus in the Primary Care arena.

## Cornell Center for Health Equity (CCHEq)

The Cornell Center for Health Equity **Racial Allyship Training Course** was featured in Weill Cornell's newsroom. Click [here](#) to read more or take the course!

The **Health Equity Seminar Series** hosted by the Cornell Center for Health Equity is going on hiatus for the summer and will resume on Friday, September 8, 2023. Recordings of previous seminars can be found [here](#)!

## Quality Improvement Academy (QIA)

On May 24, 2023, the **Annual Quality Improvement and Patient Safety (QIPS) Poster Symposium** was held at the Belfer Research Building. Over the past 12 years, this event has become an interdepartmental and interdisciplinary celebration of grassroots quality and patient safety initiatives and innovations, co-sponsored through Quality Improvement Academy-Weill Cornell Medicine (QIA), NYP Department of Nursing, and the Physician Organization's Division of Quality and Patient Safety. The evening program included 28 projects from 11 departments across WCM, Lower Manhattan, NYP-Queens, and HSS selected through a peer-review process by QIA alumni, our department's Quality Improvement Patient Safety Committee, NYP Nursing, and the WCM Housestaff Quality Council.

Three were recognized from the departments of ObGyn, Pediatrics, and Nursing with distinction for their excellent incorporation of QI and safety methodology, innovation, and impact on patient care. The event also celebrated QIA's seventh graduating class of 12 faculty from eight clinical departments. The Class of 2023 graduates from our department presented their projects earlier in the day at Grand Rounds. Congratulations to Dr. Elijah Douglass (Division of

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General Internal Medicine/Section of Hospital Medicine), Dr. Manjinder Kandola (Chief Resident, Internal Medicine Residency Program), guest Jessica Snead (Department of Pharmacy) and her project collaborator Dr. Felicia Ann Mendelsohn Curanaj (Division of Endocrinology, Diabetes & Metabolism).

Dr. Jennifer I. Lee, Director of QIA and Vice Chair for Quality and Safety, expressed thanks to the WCM department chairs for supporting their faculty in this year's QIA class: Dr. John P. Leonard (Weil Department of Medicine), Dr. Sallie Permar (Department of Pediatrics), Dr. Rahul Sharma (Department of Emergency Medicine), Dr. Hugh Hemmings (Department of Anesthesiology), Dr. Adam R. Stracher (Primary Care), Dr. Philip J. Wilner (Interim Chair for the Department of Psychiatry), and Dr. Rosanne Raso (VP/Chief Nursing Officer). She also thanked past and current chairs of our department for their unwavering support and encouragement, and Dr. Richard Cohen for his generous donation in honor of Dr. Harvey Klein through the Wrightsman Fund. Congratulations to the QIA Class of 2023 for their remarkable achievements and for joining our community of over fifty QIA alumni! Thank you to all who attended the May 24<sup>th</sup> celebration of quality improvement and to all those committed to making care better every day.

To learn more about QIA and our initiatives, please visit us on [our website](#).

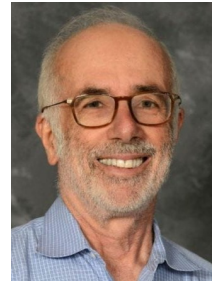
## Honors & Awards

**Monika Safford, MD**, Chief of the Division of General Internal Medicine, director of the Cornell Center for Health Equity and the John J. Kuiper Professor of Medicine, has been named the 2023 recipient of the Jessica M. and Natan Bibliowicz Award for Excellence in Mentoring Women Faculty. The award recognizes outstanding men



and women faculty at Weill Cornell Medicine who demonstrate commitment to advancing the academic careers of women in the areas of clinical care, research, or education. The recipient of this award was announced during Diversity Week and receives a \$5,000 prize as well as a plaque in honor of her contributions to promoting the academic careers of women. Read more [here!](#)

**Martin Shapiro, MD**, Professor of Medicine, received the Excellence in Medical Education Award on June 21, 2023, for his outstanding contributions to the education mission and who continue to make the Weill Cornell Medical College experience exceptional for students.



**Madeline Sterling, MD**, Assistant Professor of Medicine, was accepted into the 2023-2024 Multiple Chronic Conditions (MCC) Advancing Geriatrics Infrastructure and Network Growth (AGING) Scholar Cohort, funded by the National Institute on Aging.

**Madeline Sterling, MD**, was elected Fellow of the American Heart Association by the Council on Quality of Care and Outcomes Research. Fellowship recognizes members of the American Heart Association (AHA) who are making major and productive contributions in the field for excellence, innovative and sustained contributions in the areas of scholarship, practice and/or education, and volunteer service and/or leadership within the AHA.

**Madeline Sterling, MD**, was elected a Member of the Implementation Science Committee of the American Heart Association's Epidemiology Council, as of July 1, 2023 (2-year term).

Several of our GIM faculty below received awards at the WCM Convocation on May 17, 2023. Click [here](#) to view list!

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**Pamela Charney, MD** | The Leonard P. Tow Humanism in Medicine Award

**Ezra Gabbay, MD** | The House Staff Teaching Award

**Brian Eiss, MD** | The Richard A. Herrmann, M.D. Teaching Award

**Drs. Kimberly Bloom-Feshbach, Pamela Charney, Sydney Katz, Keith LaScalea, William Levine, and Anthony Ogedegbe** received the senior list award!

**Drs. Martin Shapiro, Kimberly Bloom-Feshbach, and William Levine** received teaching awards at the 2023 Excellence in Medical Education ceremony!

## Publications

**Arnab Ghosh, MD** [Application of lamellar nickel hydroxide membrane as a tunable platform for ionic thermoelectric studies](#)

**Lisa Kern, MD** [Diabetes, Gaps in Care Coordination, and Preventable Adverse Events](#)

**Matthew McCarthy, MD** [Effect of Higher-Dose Ivermectin for 6 Days vs Placebo on Time to Sustained Recovery in Outpatients With COVID-19: A Randomized Clinical Trial](#)

**Matthew McCarthy, MD** [Metformin as a potential treatment for COVID-19](#)

**Matthew McCarthy, MD**, [Interferon lambda as a potential treatment for COVID-19](#)

**Margaret McNairy, MD** [Beyond borders: Preventing and treating high blood pressure in Haiti](#)

**Laura Pinheiro, PhD** [Addressing health-related quality of life inequities in cancer: where do we go from here?](#)

**Laura Pinheiro, PhD** [Diabetes and cancer co-management: patient-reported challenges, needs, and priorities](#)

**Laura Pinheiro, PhD** [Psychosocial well-being during the COVID-19 pandemic among women with and without breast cancer](#)

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

**Madeline Sterling, MD** [Why many home health aides struggle with mental health \(statnews.com\)](#)

**Madeline Sterling, MD** [Obtaining and Paying for Home Care—Navigating Patients Through the Complex Terrain of Home Care in the US](#)

**Madeline Sterling, MD** [Home Health Care Workers' Interactions with Medical Providers, Home Care Agencies, and Family Members for Patients with Heart Failure](#)

**Southeastern Collaboration Team**, [The association between social functioning and health literacy among rural Southeastern African Americans with hypertension](#)

**Southeastern Collaboration Team**, [The design and rationale of a multicenter real-world trial: The Southeastern Collaboration to Improve Blood Pressure Control in the US Black Belt – Addressing the Triple Threat](#)

**Sydney Katz, MD, Elijah Douglass, MD, & Alice Tang, MD** [Lessons in Redeployment from Adult Hospitalists](#)

## GIM Grand Rounds

GIM Grand Rounds takes place every first Thursday of the month. **Justin Choi, MD**, Assistant Professor of Medicine, presented on April 6, 2023, on *Team Dynamics on Medical Wards: A Conceptual Model for Diagnostic Excellence*, and **Smauel Mann, MD**, Professor of Clinical Medicine in Nephrology and Hypertension, presented on May 4, 2023, on *A Revolutionary New Understanding of the Mind/Body Connection*.

## Spread the Word

The **Society of General Internal Medicine (SGIM) Annual Meeting** was held at the Gaylord Rockies Resort Aurora, Colorado, from May 10-13, 2023, and many of our leaders and faculty members were featured in the program for oral presentations and poster session. The SGIM23 annual meeting theme reflected on the fundamental changes that our field and our colleagues



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have experienced as a result of the COVID-19 pandemic. For a full program, click [here!](#)



**Joseph Shin, MD**, Assistant Professor of Medicine, presented April 14-15, 2023, as part of the Asylum Medicine Colloquium sponsored by the American Psychiatric Association and SAMHSA. The meeting was an important planning for outlining the important priorities and strategies for advancing education, research, partnerships and advocacy as it relates to asylum medicine and migration, human rights and health.

**Madeline Sterling, MD**, was an invited speaker at the National Academies of Sciences, Engineering, and Medicine's Workshop on *Supporting and Sustaining the Current and Future Workforce to Care for People with Serious Illness*, held on April 27-28, 2023 in Washington, DC.

**Matthew McCarthy, MD**, Associate Professor of Medicine, gave Medicine Grand Rounds on *Outpatient Treatment Options for SARS-CoV-2 Infection*, at Staten Island University Hospital in Staten Island, New York, on May 12, 2023

**Drs. Gregory Mints & Tanping Wong** passed the Critical Care Echocardiography Board Exam, offered through the National Board of Echocardiography, offers competency for physicians to perform and interpret bedside advance cardiac ultrasound at the bedside to help in the diagnostic work-up and to guide therapy for patients with acute circulatory and respiratory failure.

**Shira Sachs, MD**, Assistant Professor of Medicine, was awarded the Internal Medicine Residency "Hospital Medicine Attending of the Year" at graduation.

**Michelle Loy, MD**, Assistant Professor for Integrative Health and Wellbeing, was featured in Health Matters, Forbes Health, and Sports Illustrated; read more below:

1. [Eating Well for a Longer Life With Dr. Michelle Loy](#)
2. [Pescatarian Diet 101: Pros, Cons And What You Can Eat](#)
3. [The 10 Best Energy Supplements for Chronic Fatigue in 2023](#)

**Cisco Espinosa, BA**, Research Assistant for Dr. Madeline Sterling, received a "Top-Rated" abstract award at the 6<sup>th</sup> Annual Primary Care & Hospital Medicine Innovation Symposium on May 25, 2023.

## The Harlem Grown Culinary Medicine Farm to Table

**Event** was hosted on May 25, 2023, by Drs. Michelle Loy (Weill Cornell Medicine/NYP) and Dr. Giulia Friso (Cornell CALS). A partnership between Weill Cornell Medicine, Cornell University, and Harlem Grown brought together Weill Cornell Medicine patients, underserved communities (NYP HeartSmart, Association to Benefit Children), Cornell Ithaca (undergraduates, faculty) and Weill Cornell Medicine students for an afternoon of food, farming, and healthy recipes.



**Iris Navarro-Millan, MD**, Associate Professor of Medicine, was featured in the Weill Cornell Medicine *IMPACT* magazine for what inspires her outside of medicine. Check out the article [here!](#)



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**Madeline Sterling, MD**, was accepted to participate in the National Institute of Health's (NIH) 23<sup>rd</sup> Annual Summer Institute on Randomized Behavioral Clinical Trials. The 10-day program will occur at the NIH from July 12–22, 2023.

**Princess Osma, BA**, Research Assistant, was selected to serve on the Staff Equity & Inclusion Council. Under the Office of Staff Diversity, Inclusion, & Engagement's direction, the SEIC leads institutional events, provides diverse perspectives, conducts impactful research, creates departmental connections, and promotes a sense of belonging for everyone at WCM.

## Welcome to the Team!

### Faculty:

**Salvatore Cilmi, MD**, Assistant Professor of Medicine, has rejoined our division (section of Hospital Medicine) after a 10-year stint as Medicine Residency Program at the Icahn School of Medicine at Mount Sinai. He is the WCM Associate Dean of Academic Affairs but will continue to practice hospital medicine.

### Staff:

**Yaxkyn Mejia**, Research Assistant for Dr. Navarro

**Maryem Zaki**, Research Assistant for Dr. Phillips

**Meron Araia**, Assistant Research Coordinator for Dr. Ezell

**Vanessa Madrigal**, Research Assistant for Dr. Navarro

**Alexandra Reich**, Research Assistant for Dr. Goyal

**Celine Sabbagh**, Research Assistant for Dr. Pinheiro

## Congratulations!

**Kumrije Lazimi**, Office Assistant, **Mangala Rajan**, Research Senior Associate, **Cisco Espinosa**, Research Assistant, **Deborah Ofosu**, Research Assistant, **Feng Zhen**, Transition Coordinator, & **Yuliana Dominguez Paez**, Research Coordinator, were selected as STAR performers in the Weill Department of Medicine. Keep up the excellent work!

## Farewell!

**Alina Kofman, MPA**, Program Assistant for Hospital Medicine, accepted a new position in the Department of Anesthesiology at WCM!

**Lawrence Onyekwere, BS**, Diversity Programs Associate for the Diversity Center of Excellence got accepted into Albany Medical College!

**Brooke Kelly**, Research Assistant for Dr. Goyal was accepted into Sidney Kimmel Medical College at Jefferson University!

**Meena Seetharaman**, Research Assistant for Dr. Safford got accepted into medical school!

**Ryan Mohebpour**, Research Assistant for Dr. Choi got accepted into medical school!

**Elizabeth Kuo**, Research Assistant for Dr. Sterling is attending the New York Institute of Technology College of Osteopathic Medical School!