



December 2017

News from across the UW Hospital Medicine Program

MD Aware's New Faculty Edition: UW and VA



"For my first year out of residency, my goals are to get involved in medical education and curriculum development projects and broaden my exposure to the many academic opportunities available within hospital medicine. I am currently working on creating teaching tools and a curriculum for night medicine with a couple of other hospitalists. I am also hoping to travel and make time for old and new hobbies. I paint watercolors and even took a studio class at the Gage School during residency. I also tried tennis lessons this summer, but I think it's going to take a lot more practice!"

Neha Deshpande

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"I'm enjoying the fun and challenging transition back to clinical care after a year as a chief medical resident at UWMC. In addition to continued growth as a clinician, my goal this year is to challenge myself as a novice educator to study, share, and make sustainable some educational projects carried over from last year – namely, a simulation-based rapid response curriculum for interns and exercises in teaching diagnostic reasoning for senior residents. I also hope to eat less ice cream and more

Lauren Brown

vegetables. Something few know about me is that I can wiggle my ears one at a time – a strange and useless talent but one I'm happy to show off!"



Puerto Rico

After Irma & Maria

- Peter Kliwer

Puerto Rico suffered a devastating one as Maria, the 10th most intense Atlantic hurricane in history, made a direct hit on Puerto Rico with Harvey level rains, up to 38 inches, and Irma winds, peak winds of 155- 175 mph, when making landfall. The entire electrical grid was wiped out, less than 50% of people were left with clean water, and 95% of the cell phone service was not working.

For the elderly, sick and disabled of Puerto Rico this meant no power to run their medical equipment such as Bi-pap, no refrigeration for medicines or food, no clean water, no way to call 911 and no transportation for family to help them or to get to help due to washed out roads and bridges.

Puerto Rico being an island made the logistics of

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New Faculty Edition: UW and VA



Josh Liao and family

“There are two projects I’m particularly excited about. One is serving as an inaugural editor for a new blog launched by the Annals of Internal Medicine. As editor, I’m excited to write and field writing from others with the IM community, and I’d welcome any interest or ideas from UW hospitalists that might fit with the blog! The other is assuming the mantle of DGIM “couture instigator” – as Steve Fihn emailed

the division recently, he gently chastised me recently for wearing a branded fleece from a previous institution (#Brigham4life). So, I did a deep dive about direct-purchasing and group sales options for UWDGIM-branded jacket/fleece options. If all goes expected, and with guidance from the inaugural “DGIM couture committee,” this will soon translate into the first ever round of DGIM jacket/fleece orders! For consistency's sake, though, I might still wear my Brigham fleece exclusively for my meetings with Steve...”



**Mala Sanchez
and daughter
Reema**

“I moved to Seattle from the Bay Area this summer with my husband Chris and our daughter Reema when she was 1 month old! We've really enjoyed the changing seasons and raising Reema here so far. I went to college at UCLA, where I was a competitive Bhangra dancer, then to UCSF for medical school and Stanford for residency. During my chief year at Stanford I worked on physician well-being, and I hope to continue this while at the VA.”

Puerto Rico Continued

rescue and recovery very challenging as opposed to Florida and Texas.

Even nearly a month later, when I arrived, 88% of Puerto Rico’s 3.4 million people still had no power and 44% still had no clean water. As part of the VA’s Disaster Emergency Medical Personnel System (DEMPS), I was sent on my first deployment to Puerto Rico in early October. DEMPS provides clinical and nonclinical support personnel to disasters, mostly in the United States, including territories such as Puerto Rico. These personnel can provide

services in Federal Medical Shelters, which are set up as portable hospitals, or to the VA facilities themselves.

I was assigned to the San Juan VA hospital, a 300+ bed facility, to work in the emergency department as an ER hospitalist. The VA hospital was one of the only hospitals operating in Puerto Rico (only approximately 10 out of 69 hospitals were operating at full capacity) and as such, took many nonveterans also.

The VA operated on generator power and did not suffer the problem of fuel other hospitals did on the island. The emergency department

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Recent Publications, Presentations and Awards

David Watkins (HMC) is co-author of: “Universal health coverage and intersectoral action for health: key messages from Disease Control Priorities, 3rd edition” in the Lancet.

Grant Fletcher (HMC) is first author and **Andrew White** co-author of Effect of a Real-Time Electronic Dashboard on a Rapid Response System in the Journal of Medical Systems.

David Watkins (HMC) is co-author of: “Cardiovascular, respiratory, and related disorders: key messages from Disease Control Priorities, 3rd edition” in the Lancet.

New Faculty Edition: UW and VA



Michael Northrop

I am also married to a lovely family medicine physician, Isabelle. My personal goal for the year is to continue honing my teaching skills to help advance resident and medical student education."

"Currently I am working on a heart failure project at the VA. The project entails analyzing our ability to obtain daily weights on our patients admitted with heart failure. The goal is to use the data to better serve our patients. I am also co-authoring a chapter on vertigo for a book that aims at providing quick teaching topics for residents. Prior to medical school, I helped run a whitewater kayaking company in Portland, OR. I still very much enjoy paddling the rivers of the Northwest.



Yuree Nam and family

found a love for the outdoors and photography, so let me know if you're interested in going on a hike!"

"It's been an exciting transition from being a resident only a few months ago to an attending hospitalist on the wards. The best part of my job is continuing to work with medical students and residents at the VA. I have a particular interest in resource utilization in the hospital, and one of my goals this year is to find a quality improvement project aimed at an issue in this category. One thing you may not know about me is that I recently

Puerto Rico Continued

consisted of 17 beds mostly separated by curtains but it was not unusual to have 50 to 60 patients packed into every space. All the problems which we are familiar with, such as difficult placement, were compounded by the disaster. Imagine trying to discharge patients when no nursing facilities were open and homes were without power or water. At one point, there were over 25 boarding patients in the ER, one there for over 5 days. In addition to conditions we would be familiar with such as pneumonia and COPD, many patients

suffered from malnutrition and dehydration from isolation in their homes. Many had diarrhea from gastrointestinal illness and even leptospirosis from using water from streams or other nontreated sources. The VA developed unique solutions to problems such as opening an unused ward so that people could access electricity for their medical equipment. They also supplied extra meals for employees to take home to their families.

While I have no illusions that I made a minimal dent in the many problems Puerto Ricans face, I can make sure Puerto Rico will not be forgotten in the months and years to come.

Recent Publications, Presentations and Awards

Former GIM Academic Research Coach, **Christy McKinney**, recently won the UW Inventor of the Year award for her "NIFTY Cup": <https://blog.path.org/2015/09/nifty-cup-breastfeeding-milk-newborns/>

David Watkins (HMC) was the lead author of "Global, Regional, and National Burden of Rheumatic Heart Disease, 1990–2015" in the *New England Journal of Medicine* (August 2017)