



News from the UW Hospital Medicine Program

February 2017



Upcoming EVENTS

March 31

Quarterly Updates
in Hospital
Medicine
HMC R&T 117

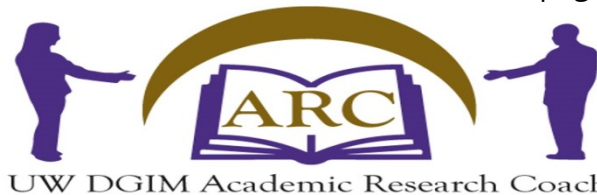
Faculty Profile: Michelle Garrison Academic research coach for GIM



Do you have a personal goal for the year?

In addition to the work I do with internal medicine, and the teaching that I do, I also do my own research in child sleep. A big goal that I am pushing for is

submitting two major grants this year. An RO1 and a U grant and I am really excited about both. I do child sleep research at Seattle Children's and I look at preschool kids all the way up to adolescents. I study looking at different risk factors for sleep problems, especially in terms of late night media use, and how that plays into child and adolescent sleep. I'm interested in a tailored and family centered approach to improving child/adolescence sleep because what often happens is that families are given this list of rules they're supposed to follow for their child to sleep better. They are often not rules that can work for every family and sometimes families really struggle with this. So we developed more family center approaches to address sleep and it really had a big impact, not just on sleep, but with child behavior, learning and cognitive function along with parent sleep, cognitive function, and marital satisfaction. Part of what we look at is what impact does improved sleep have on their developmental trajectory? Continued on page 2



UW DGIM Academic Research Coach

Faculty Profile

Dan Cabrera



Clinical Instructor at HMC

What was the last book you read?
The Art of Fielding by Chad Harbach.

Any favorite TV shows?
Atlanta (highly recommended),
Westworld, Game of Thrones .

Do you have a favorite restaurant?
A Malaysian place in Capitol Hill called Kedai Makan. It used to be just a food window but now has a full dining area around the corner.

What would you be if you were not a physician?
I would be a chef. I love to cook and would probably start with a food truck.

What do you do in your spare time?
I am a homebody which is why I have so many favorite TV shows. I like to just relax in the comfort of my home with friends and family.

What is an interesting fact about you that many people don't know?
I attended the state of the union address in 2001. The first lady wanted representatives from educational institutions to attend. I was living in Washington D.C for the Teach for America program and working as a Junior High Science teacher from 2001-2003.

Michelle Garrison continued

And for me that's exciting and being able to see that we are having an impact not just on the kids but on the parents as well. We have quite a few parents that seem convinced that the impact is bigger on them.

What is an interesting fact about you that many people don't know?

When I worked at the Texas health department, one of my jobs was to squat over the bomb bay of an airplane and shuffle out so many biscuits per square mile. The biscuits had a rabies vaccine in them for coyotes and foxes. We flew all over southern Texas dropping these biscuits to stop rabies from coming north over the border. We created a 100 mile buffer zone of immunized coyotes and foxes. It had a huge impact on the rabies level in Texas. It was really successful. I love that it was my job to actually like squat over the bomber bay.

What was the last book you read?

Cyteen by C.J. Cherryh. It is a

science fiction book about a future in which they need the population to expand much more quickly than it can naturally. So they have to work through all of the consequences of instead of having families reproducing you are having thousands of people artificially created and essentially receiving computer programming.

Do you have any pets?

Yes a big fury cat named Thoris. She is a ginormous Norwegian forest cat. When I got her from the humane society they said she would probably be a small to medium size short haired cat and she is this giant enormous long haired Norwegian cat. But she is super patient with my son and he loves her to pieces. Kitty was his first word and he just hugs her and loves on her and its adorable.

Any favorite TV shows?

Project runway. I don't manage to watch much TV but when I do its Project Runway. Right now Project Runway Junior is on and that's fun because its 10 to 15 year old.

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Dan Cabrera continued

Do you have any pets?

We have a cat named Georgia who acts like a dog. We brought the cat over from Wisconsin because my wife was homesick. We have been married for 2 and a half years and we plan to stay in Seattle for a while.

Do you have a personal goal for the year?

To reconnect with friends and family and visit people I haven't seen in a while.



Dan and his wife Laura

Is that because you have moved around a lot?

Yes, I am from Phoenix Arizona and stayed there till I was 9. I've lived in Clearwater, Florida, and was in the Boston area for some time. I was also in Madison, Wisconsin for 9 years for MPH and Residency and also worked a year there. I was also in D.C for 2 years and now have been in Seattle for 4 years.

Recent Publications, Presentations and Awards

Somnath Mookherjee was selected as the Northwest Region SGIM "Clinician Investigator of the Year"

Susan Merel was first author and **Andrew White** senior author of "Sitting at patients' bedsides may improve patients' perceptions of physician communication skills", published in *Journal of Hospital Medicine* (2016, Jul 5 epublication). <http://onlinelibrary.wiley.com/doi/10.1002/jhm.2634/full>

Shobha Stack wrote a capsule commentary in *JGIM* on "Internal Medicine Residents' Perceived Responsibility for Patients at Hospital Discharge: A National Survey." <http://link.springer.com/article/10.1007%2Fs11606-016-3859-z>

Chris Kim was a co-author of "Physician Perspectives on Factors Contributing to Readmissions and Potential Prevention Strategies: A Multicenter Survey" in *JGIM* <http://link.springer.com/article/10.1007%2Fs11606-016-3764-5> This is a companion piece to work he previously published with **Grant Fletcher** in *JAMA Internal Medicine* in April 2016 <http://archinte.jamanetwork.com/article.aspx?articleid=2498846>

Ken He was first author of *Veteran Preferences Regarding Wireless Management of Positive Airway Pressure for Obstructive Sleep Apnea at a Tertiary Health Care System. Respiratory Care. 2016; in press. [original work]*

Michelle Garrison continued

Do you have a favorite restaurant?

Luisa's a Mexican restaurant in Greenwood area. I love it to pieces. I love the food and I love the staff. Good Mexican food is hard to come by in Seattle but their food is really dependably quiet good. I take my son there and he loves it so much. He is now 14 months old and recently our favorite waiter brought him his own bowl of salsa to dip everything in and he was very excited.

What do you do in your spare time?

I spend a lot of time chasing my toddler around. He is very excited to be taking off in all directions, climbing all the things, and reading every book under the sun, and playing music. Everything is just exciting for him at this point. So he keeps me very busy. When I do have down time, most of it gets spent reading.

Faculty Development Program Updates

The 2016 DGIM Faculty Development Bootcamp was held at HMC on October 21st. Trish Kritek, Andy Luks, Randi Morrison, Paul Sutton and Nick Meo led interactive workshops on engaging teaching strategies, learning styles, and jumpstarting QI work. Thirty-four DGIM faculty attended, and most felt that the attending the bootcamp made them a more effective teacher, planned on attending future bootcamps, and would

recommend attending to a colleague. Comments included: "Great sessions! Very helpful and applicable to my practice." "I loved the interactive nature of this bootcamp. Also, great opportunity to connect with colleagues for fun and collaboration."

Stay tuned for the save the date information for the 2017 Faculty Development Bootcamp!

UW Division of General Internal Medicine

Faculty Development Program

Faculty Development Program 2016



Recent Publications, Presentations and Awards

Tyler Albert was author of a book chapter: "Diseases of High Terrestrial Altitudes" for the Oxford Textbook of Medicine.

Shobha Stack presented "Updates in Hospital Medicine" at the regional SGIM conference in Portland 2/3/17 along with Som Mookerjee, and Lauren Beste who gave a workshop called "Reviewing for Journals: How to be Outstanding!"

Molly Jackson is presenting a small group discussion February 26, 2016 Western Group on Educational Affairs (WGEA) Conference, Salt Lake City, Utah Title: Facilitating Discussions with Medical Students on Implicit Bias

Andrew White was a co-author on a poster at the 2/3/17 Regional SGIM meeting: Excipient Lung Disease in a Patient with Cystic Fibrosis. Deshpande N, Krimmel J, White AA

Chris Kim, Anneliese Schleyer, and Gaby Berger will be hosting a workshop at the annual SHM meeting along with **Ed Margo** (Northwest Hospital) titled: Hospitalists as Leaders in Patient Flow and Hospital Throughput.

Look for us at our website: <https://gim.uw.edu/patient-care/md-aware>

Contact us at mdaware@uw.edu