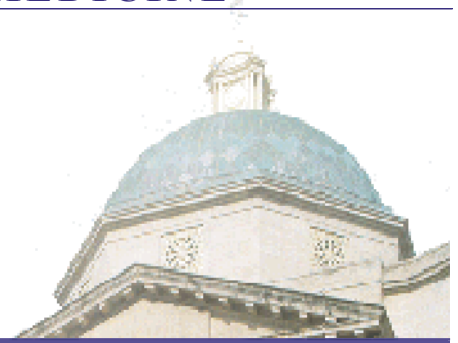


THE DEPARTMENT OF
**INTERNAL
MEDICINE**



Newsletter of the Department of Internal Medicine

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The Robert Wood Johnson Clinical Scholars Program

The Robert Wood Johnson Clinical Scholars Program (CSP), an institution at Yale that is celebrating its 30th year, seeks primarily to prepare physicians for leadership roles that will improve the nation's health and health care. The two-year Program accepts clinicians who have finished their clinical training and are dedicated to pursuing careers that focus on generating knowledge and translating research into action that will directly benefit people's lives. This work often involves venues such as academic medicine, private foundations, or public institutions. The scope of the Program spans clinical medicine and population health. The goal is to provide Scholars with the skills and perspectives to lead positive change in the way we practice medicine and the way that health care is organized and delivered.

Guided through most of its early history by Drs. Alvan Feinstein and Ralph Horwitz, the CSP earned a distinguished reputation for its emphasis on critical thinking skills, rigorous methodological training and close mentoring. The Yale method involves a curriculum developed specifically for Scholars and taught by core faculty in highly interactive seminars. This intensive, intimate educational milieu serves as

the foundation of the Program. The primary emphasis in the early years was to infuse academic departments with physician-scientists focused on clinical research questions. The Program contributed to the growth and development of the field of Clinical

Epidemiology, and its graduates disseminated this expertise across the country.

Building on that strong foundation, Drs. Harlan Krumholz and John Concato are leading the Program into its next phase. They have emphasized the application of research as a complement to the teaching of research skills. Since 1995, curricular offerings have expanded to include a broader array of topics in health policy, health management and health care financing. In addition, the core methodological curriculum was refined to ensure that Scholars develop competency in a greater range of research strategies.

Last year, the Robert Wood Johnson Foundation decided to decrease the number of national CSP sites from seven to four and to hold an open competition in which all major universities would be invited to submit a letter of intent. Their vision was to concentrate more resources on fewer sites, place a greater emphasis on community health, and provide an optional third year of funding for Scholars who seek additional training. There was also a need to incorporate more formal leadership training into the Program.

After screening letters of intent, the Foundation invited applications from more than 30 universities. Nine were selected for site visits, including Yale, before selection of the final four. The Yale site visit had an outstanding turn-out of talented faculty and



Dr. Harlan Krumholz
Director



Dr. John Concato
Co-Director

administrators in support of the Program's vision, as well as strong participation by the community partners who will play an important role in new community health initiatives. Several months later, Yale was selected to join Michigan, Penn and UCLA as the institutions that will train Clinical Scholars through at least the next ten years.

The process of preparing our application allowed for reflection on the Program and its future. It was evident that the next generation of the Yale CSP should specifically address the nation's need for physician leaders who are capable of developing solutions to the problems that undermine health and health care. The rationale seemed clear - despite enormous technological advances in medicine and health care, these future leaders are inheriting a health care system that is plagued by many complex problems, including barriers to access, a disproportionate burden of illness imposed on vulnerable populations, perverse incentives, fragmentation of health care services, and persistent concerns about the safety, effectiveness, efficiency, equity, and patient-centeredness of care. The application was based on the premise that we need physicians who will not only characterize the deficiencies of the health care system, but also address and work to resolve them.

So what constitutes the current Program? The Yale CSP is designed to prepare Scholars to work effectively across disciplines, think creatively and rigorously about health care issues, generate ideas and test hypotheses, participate in clinical research and policy development, work within communities, and lead organizational change. The curriculum builds expertise in conducting research and teaches the skills necessary to apply research findings. The core curriculum has two main components: Methods of Clinical Research (MCR) and Translating Research into Action (TRACT).



The objectives of MCR, which owes its origins to the academic efforts of the late Dr. Feinstein, are to develop expertise in the quantitative and qualitative sciences that underlie health services and clinical research and to develop skills in critical thinking. MCR provides a framework for Scholars to understand the structure, function, strengths, and limitations of different research approaches, and prepares them to conduct rigorous investigations.

The TRACT curricular component was developed to expose Scholars to leaders in health care delivery, and promote a deeper understanding of the role of different organizations and leaders within the health care system. The TRACT curriculum also seeks to develop the Scholars' leadership skills and encourage their involvement in health care system reform. The TRACT curriculum includes the Seminars in Health Policy and Delivery (SHPD) series in which Scholars have interactive sessions with health care leaders who represent a variety of perspectives in the health care system, as well as modules on leadership, health policy, media and health, and community health issues.

Research is another central component of the CSP experience. The Scholars complete at least two substantive research projects. Through their projects, Scholars learn to identify important research questions, frame hypotheses, collect and analyze data, interpret evidence, and communicate results through both oral presentations and publications.

Clinical Scholars also take advantage of the resources of the University. The CSP has close linkages with faculty and programs at the Schools of Medicine (including the Department of Epidemiology and Public Health), Nursing, Law, and Management, and the Graduate School. The Program also draws particular strength from its close association with the VA, which funds two of the Yale positions.

The Program is ideally positioned for the future. In particular, the Yale CSP has benefited greatly from exceptional faculty and institutional support. Currently, 25 former Scholars from various CSPs are faculty members at Yale, and many other faculty members across the School of Medicine and the University have strong affiliations with the Program. From within the Department of Medicine, Drs. Gretchen Berland, Dawn Bravata, Cary Gross, and Eric Holmboe play particularly significant roles as faculty.

A prominent aspect of the next ten years of the Yale CSP will be a special focus on community health. This effort will occur through partnerships with communities and their organizations. Although community-based research opportunities have always been available, we now emphasize this experience and encourage Scholars to participate in at least one community-based research project. To support this endeavor, we have developed an infrastructure to facilitate collaborations between Scholars and Yale-affiliated community programs. Our goal is to have the Yale CSP contribute directly to substantive improvements in the health of the most vulner-

able populations in our immediate community.

The CSP is a unique national resource that is focused on investing in physicians who will make a difference. The Yale Program is fortunate to have been part of its rich history, and looks forward to continued evolution during the next decade.

We encourage physicians who want to participate in elevating health and health care to apply to the Program. For more info, see <http://info.med.yale.edu/intmed/rwjcspl>

Current Scholars

Second-Year Scholars



Neel Gandhi is originally from Long Island, New York. He received his Bachelor's degree from Williams College. As part of the Brown-Dartmouth Program in Medical Education, he then received his basic

science training from Dartmouth Medical School and clinical training at Brown University School of Medicine. He moved back to New York City to train at Columbia-Presbyterian Medical Center in Internal Medicine and Primary Care. While at Yale for the Clinical Scholars Program, he has been pursuing two primary research interests: the use of Directly Observed Therapy to introduce antiretroviral medications for HIV patients in resource-poor settings and the impact of comorbidities on healthcare utilization by HIV patients.



Ula Hwang grew up in Poughkeepsie, New York. She obtained her Bachelor's degree in Biology at Yale University and her medical degree at New York University School of Medicine. She completed a PGY 1

year in OB/Gyn at NYU and then went to Boston for a MPH at the Harvard School of Public Health before returning to New York to complete a residency in Emergency Medicine at Mount Sinai Medical Center. Her research interests are in health care access, utilization, and overcrowding as they relate to the emergency department. Outside of work, Ula enjoys spending time with her husband, Don, and their new son, Geoffrey.



Nancy Kim is from Downingtown, Pennsylvania. She graduated from Yale College with a degree in Biology and attended medical school at Temple University. She returned to New Haven to train in the Internal Medicine

Primary Care Program. After completing her residency, she served one year as a Chief Resident and a second year as a Clinical Instructor faculty member. Her interests as a Clinical Scholar include investigating issues of medication self-management for chronic disease conditions in vulnerable populations and the media's effect on the public's health knowledge and behaviors. When not working, she enjoys traveling and hiking with her husband.



Aanand Naik is from Houston, Texas. He graduated from the University of Texas with a degree in Humanities and then attended UT Southwestern Medical School in Dallas. He completed his Internal Medicine residency

and Clinical Geriatrics fellowship at UT Southwestern. He has worked with the Geriatrics faculty at Yale Medical School during his first year as a Robert Wood Johnson/ VA Clinical Scholar. His research interests are broadly focused on understanding and developing the concept of patient-centered care through the paradigm of clinical goal setting. He is conducting research that adapts clinical goal setting to the challenges of caring for frail and chronically ill older persons. His projects have included a prognostic study of patient traits to predict a successful clinical goal of PEG feeding tubes, an epidemiological study to understand the complexity of bathing disability, and a qualitative study of goals and goals setting in the outpatient care of older persons. Aanand now spends his free time with his wife and their new son, Eishan.



Kimberly Zeller was born and raised in New Orleans. She lived for ten years in Dallas, Texas, completing her Bachelor's degree in English Literature at SMU, and her medical degree at Southwestern.

Those years also included extensive travel in Asia, Europe and Latin America, studying and doing medical volunteer work. She did a Family Medicine residency in Salinas, California and remained there for four years, doing rural family medicine and HIV care. Her interest in the evolving issue of HIV prevention for women and Latinos led her back to academic medicine and research. Her current projects include studies on non-traditional risk factors for STD's in adolescents; barrier methods for prevention of STDs in sex workers; transmission risk/prevention behaviors of HIV-seropositive patients starting antiretroviral therapy; and changes in perception of financial conflict of interest across differering levels of physician experience. Between classes, she has been known to bore colleagues to tears extolling the virtues of her gasoline/electric hybrid car.

First-Year Scholars



Sarah Goff has returned to New Haven twelve years since graduating from Yale College. After spending some time teaching second grade in New York City, she attended medical school at the University of Massachusetts in Worcester.

She did her Internal Medicine/Pediatrics Residency at Baystate Medical Center in Springfield, MA, and then practiced General Pediatrics and General Internal Medicine in Community Health Centers in Western Massachusetts. She also served as Assistant Medical Director and Medical Director of the School-Based Health Center. Her interests include obesity prevention/activity promotion, doctor-patient communication, and health care delivery systems.



Mikhail Kosiborod was born in Siberia and moved to the United States at the age of 19. He obtained his undergraduate degree in Biology from Queens College, City University of New York, and medi-

cal degree from the Mount Sinai School of Medicine in New York City. He moved to New Haven to receive his training in the Traditional Internal Medicine Program. After completing his residency, he served as a Chief Resident and then remained at Yale for his training as a cardiology fellow. His research interests include outcomes in heart failure, cardiac arrhythmias, and coronary artery disease.



Lisa Suter is from Lexington, Massachusetts and received her undergraduate education at Yale. After working in biotechnology in the Bay area, she returned to New Haven to attend medical school

at Yale as well as complete her internal medicine residency and rheumatology fellowship at Yale-New Haven Hospital. Her areas of interest include developing patient-centered outcomes and patient care systems, translating evidence into clinical practice, and improving disease classification in rheumatology. She is additionally interested in rheumatic manifestations of HCV and HIV. Lisa happily spends her "leisure" time chasing after her two-year old son, Fenn, and helping her husband, Lindsay, renovate and restore their home on the Farm River.

New Faculty

Shawn Fultz joins the Section of General Medicine as an Instructor



Dr. Fultz graduated from the University of Pittsburgh School of Medicine. He obtained a Masters of Public Health from the University of Pittsburgh Graduate School of Public Health and completed both his Internal Medicine residency training and a General Internal Medicine research fellowship at the University of Pittsburgh Medical Center.

This past July, he joined the faculty at the VA Connecticut Healthcare System in the Section of General Medicine. In addition to his clinical care in the VA HIV clinic, Dr. Fultz's research interest is focused on health services research in HIV infection and increasing our understanding of the relationship between factors that contribute to hepatic injury, in particular hepatitis C and alcohol.

Lei Li was recently promoted to Associate Research Scientist in the Section of Cardiovascular Medicine



Dr. Li was recruited as Postdoctoral Associate to Cardiovascular Medicine in 2001 to work with Dr. Jeffrey Bender on estrogen-mediated vasoprotection. After obtaining her medical degree at the Medical College of Fudan

University (former Shanghai Medical University), China, and a Ph.D. in Cardiovascular Sciences at Baylor College of Medicine, she completed a post-doctoral fellowship in the Department of Surgery at Emory. Her work on angioplasty-induced vascular remodeling at Emory founded her American Heart Association Postdoctoral Fellowship award and complemented her doctoral training in lipoprotein metabolism and atherosclerosis. At that time, she also joined the Department of Psychology at Clark Atlanta University as Adjunct Professor to lecture Biological Psychology (PSY 415). As a result of relocation to Connecticut, she re-concentrated her research efforts in vascular pathophysiology and is currently investigating the membrane-initiated signaling responsible for the preservation of endothelial functions.

Ji Li was recently promoted to Associate Research Scientist in the Section of Cardiovascular Medicine



Dr. Li received his Masters and Ph.D. degree from Lanzhou University, and joined the National Institute on Aging/NIH as a Visiting Fellow in June 2000, where he worked on the transcriptional regulation and function of MAP kinase phosphatases. There, he received the NIH 2002 FARE (Fellows Award for Research Excellence). Dr. Li was recruited to the Geriatrics Section at Yale University in March of 2002, and studied the mechanisms involved in regulating cellular responses to environmental insults in mammalian model systems and their relevance to the aging process. After completing his postdoctoral training in molecular medicine, Dr. Li joined the Cardiovascular Medicine Section of the Department of Internal Medicine on July 1, 2003. Dr. Li's research interest focus on the study of cellular and molecular mechanisms of metabolic adaptation to myocardial ischemia, with particular emphasis placed on the signal transduction pathways participated in regulation of the glucose transporters, GLUT4 and GLUT1.

Daniel Tobin joins the Section of General Medicine as an Assistant Professor of Medicine



Dr. Tobin received both his undergraduate and medical school degrees from Cornell University before joining the Housestaff at Yale-New Haven Hospital. Upon graduation, Dr. Tobin was recruited by the Hospital of Saint Raphael to serve as Chief Medical Resident. Upon completion of his tenure as Chief Resident, Dr. Tobin

returned to Yale in the Section of General Internal Medicine where he is now Director of the Ambulatory Block. In this capacity, Dr. Tobin oversees the outpatient education of the medical residents during their dedicated time at the Primary Care Center. Additionally, he has developed a new course for the PGY2's entitled *Quality Practices in Medicine: a Study in Practice-Based Learning and Systems Improvement* that teaches them skills in self-auditing and quality assessment. Dr. Tobin has a special interest in medical education, and volunteers his time as a tutor for new medical students as they learn history-taking and physical diagnosis skills.

Library Notes:

The Medical Library as a Refuge

Faculty members often tell library staff how much they appreciate the extensive collection of electronic journals and books now available through the Medical Library. We have worked very hard to put a “Research Library on the Desktop” so that clinicians and researchers can access quality information whenever and wherever they need it. Along with the praise, we sometimes hear (a bit apologetically) “I never need to come into the library anymore.” Such a statement evokes mixed feelings in us. We know that digital resources save time for busy clinicians, researchers and students and can help improve patient outcome by delivering information to the point of need. At the same time, we don’t want our users to lose site of the fact that the physical library still has much to offer; some of it old and familiar and some of it quite new.

The physical library can serve as a refuge from the lab, clinic or office. We offer comfortable and varied workspaces away from the distractions and interruptions of your normal workplace. The Cushing/Whitney Medical Library is a repository for a tremendous volume of accumulated knowledge in medicine and science; from Hippocrates, Vesalius and Cushing in our Historical Library to the newest 2004 books and journals in our general collection. There is also the human touch from a skilled staff ready and willing to assist with your information needs.

I have recently noticed that some faculty are rediscovering the physical library as a place for research and study. A laptop computer on the Yale network allows them to create an environment where they have simultaneous access to the Library’s electronic and physical collection alongside their own files and software for word processing, bibliographic management and data analysis.

We began the physical transition to a wired library a decade ago in the Information Room when we replaced older print indexes with computers. We have continued to upgrade the technology in this area of the library. Just this month we added additional state-of-the-art computers for the use of faculty, staff and students. Even spaces that appear to have changed little over the past 60 years -- like the Medical Historical Library reading room -- have moved into the 21st century with the availability of the university’s wireless network. The entire main floor and some portions of the stacks also have wireless access. Network jacks are available in the Morse Periodical Room and the main Information Room for computers registered with ITS-MED. Faculty and staff with core computer accounts are now eligible to register a wireless card on their personal or Yale-owned laptop. (Contact ITS-MED at 785-3200 or your unit’s Desktop Support technician for this).

If you don’t have your own wireless card, we offer loaner cards for use when you are working in the Medical Library. You may check out a card at the Circulation Desk. The cards can be used in most Windows computers and some models of Macintoshes. Fellows, residents and clinical faculty are among the groups that have taken advantage of our popular wireless loaner card service.

Our newest service in support of personal computing is the ability to print to Medical Library printers from a laptop. Printouts are charged to the same copy card used for photocopying. If your computer is already configured to use a network printer in your department, you may even be able to send print jobs to that printer from a wired or wireless connection in the Library.

The Library is dedicated to keeping the best of the old while moving forward with new technologies and services. We know that our users have diverse needs and preferences so we can’t have a “one size fits all” approach to our collection and services. We want the Medical Library to work for you. Please contact me if you have questions about any of the services I have mentioned in this article and send your suggestions on what we can do to make both the virtual and physical library fit the way you work today.

Links to Web Pages:

Detailed descriptions of the services can be found under the “Computers & Technology” section of the Medical Library’s Website. Specific addresses are listed below:

Medical Library Home Page – <http://www.med.yale.edu/library>

Using your Laptop in the Library & Medical Center – <http://www.med.yale.edu/library/technology/laptopsinlibrary.html>

Medical Library Wireless Loaner Cards – <http://www.med.yale.edu/library/technology/wirelessloanercards.html>

Laptop Printing in the Medical Library – <http://www.med.yale.edu/library/technology/printing/laptopprinting.html>

Wireless Networking Services (ITS-MED) – http://its.med.yale.edu/getting_started/detailedservices.html#wireless_device

For information or assistance on any matter, contact the Department of Internal Medicine’s Library Liaison, Mark Gentry. Email: mark.gentry@yale.edu - Telephone: 785-2163 - Office: Cushing/Whitney Medical Library, Room 113B (Morse Periodical Room)

Request from YARC Animal Users Committee

I am the Chair of the Animal Users Committee, a group that tries to facilitate and improve animal research at Yale. As the new TAC animal facility begins to fill, there is now some backfill space for animal housing in the Medical School. Plans for this backfill space are now being made. If you have needs for animal housing (NOT lab space), please let us (amy.arnsten@yale.edu) know quickly so we can take these into account.

I would also appreciate receiving other comments about animal usage at Yale that need to be addressed. You are also welcome to attend our monthly meetings. Thanks!

Amy F.T. Arnsten, Ph.D.
Assoc. Prof. and DGS, Department Neurobiology
Chair, Animal Users Committee

Medical Grand Rounds

- | | |
|-------------------|---|
| January 29, 2004 | “ <i>Medication Errors and Their Impact on Quality of Care</i> ”. William Crede, M.D., Associate Clinical Professor, Yale-New Haven Hospital and Martha Radford, M.D. Associate Professor, Section of Cardiovascular Medicine. |
| February 5, 2004 | 2004 Samuel D. Kushlan Lecture “ <i>Medical vs. Invasive Therapies for Gastroesophageal Reflux Disease</i> ”. Stuart Spechler, M.D., Professor of Medicine, University of Texas Southwestern Medical Center. |
| February 12, 2004 | “ <i>The Challenge of Refugee Health Here and Abroad</i> ”. Ashwin Balagopal, M.D., Chief Resident, Department of Internal Medicine and Michele Barry, M.D., Professor of Medicine and Public Health, Director, Office of International Health. |
| February 19, 2004 | “ <i>Medicine at the Time of Disaster; The Bam Earthquake</i> ”. Asghar Rastegar, M.D., Professor and Associate Chair for Education and Academic Affairs. |
| February 26, 2004 | “ <i>Chronic Kidney Disease; A New Perspective</i> ”. Ali Abu-Alfa, M.D., Associate Professor, Section of Nephrology |

Grand Rounds begins at 8:30 a.m. in the Fitkin Amphitheatre.

Kudos

WALTER N. KERNAN, M.D., Associate Professor of Medicine, Section of General Medicine, recently became the President of Clerkship Directors in Internal Medicine (CDIM). CDIM is the largest international organization of physicians who teach internal medicine to medical students.

Special Lectures

February 12, 2004

The Program for Humanities in Medicine Presents:

ALMOST HEAVEN; STORY OF WOMEN IN SPACE

Bettyann Holtzmann Kevles, PhD, Lecturer, Department of History at Yale University. Professor Kevles will talk about the history of humans in the Soviet-Russian & NASA space program emphasizing the delay in accepting women as astronauts, the biomedical research that has NOT been done when it could have been done, and which MUST be done now if we plan to send people to the Moon and on to Mars. The speaker is using material from her most recent tome: **ALMOST HEAVEN: THE STORY OF WOMEN IN SPACE**. In the course of her preparation for the book, she has interviewed about 40 astronauts and biomedical researchers in both Russia and the United States.

5:00 p.m., Beaumont Room in SHM.

February 16, 2004

Seminar in Biomedical Research

“Immune Responses in Graft Versus Host Disease”

Dr. Warren Shlomchik, Section of Medical Oncology

12 Noon, Fitkin Amphitheatre

February 23, 2004

Faculty Development Seminar

“Dos and Donts of Publishing”

Dr. Jerome Kassirer

12 Noon, Fitkin Amphitheatre

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Editor: Lynn Gambardella

Assistant Editor: Steven Wormsley, Ph.D.

Designed by: Sarah Walls

For questions, comments, and submissions,
Please contact:

Lynn Gambardella

Chairman's Office

LMP-1072

(203) 737-4249 Tel. (203) 785-6954 Fax