



GW Medicine Notes

A Monthly Publication of the GW Department of Medicine

Volume 16, Issue 8

August 2012

ID Professor Receives CDC Science Award

Fred M. Gordin, MD, GWU Professor of Medicine in the Division of Infectious Diseases and Chief of the section at the Washington DC, Veterans Affairs Medical Center was recently presented the Charles C. Shepard Science Award for Prevention and Control by the Centers for Disease Control and Prevention for his co-authorship of the paper "Three Months of Rifampentine and Isoniazid for Latent Tuberculosis Infection," which was published in *The New England Journal of Medicine*. To receive this award is one of CDC's highest honors, and this paper was one of four selected out of 69.

The Shepard Science Awards were established in 1986 in honor of Charles S. Shepard, MD. Shepard was the chief of CDC's Leprosy and Rickettsia Branch for over thirty years until his death in 1985. The awards began as a way to recognize the best manuscript on original research and have now expanded to include four categories – Assessment, Prevention and Control, Laboratory Science, and Data Methods and Study Design – and the Charles S. Shepard Lifetime Achievement Award.

Clive Brown, who was the head of the selection committee for Prevention and Control, presented the award and gave a brief overview of the accomplishments and implications of the research.

The trial compared two regimens for tuberculosis prevention: 12 doses of isoniazid and rifampentine over three months and 270 doses of isoniazid alone over 12 months. The study found that the regimen of the two drugs was just as effective and that more regimens were taken to completion over the shorter time period. More effective, shorter treatment means accelerating the process of eliminating tuberculosis.

Congratulations to Dr. Gordin on this significant scientific achievement and on receiving this prestigious award for his efforts.

From the Chairman

As has been recently intelligently articulated, restrictions imposed on the time available to teach interns/residents/fellows will have significant negative consequence. I have similar but somewhat variant concerns at the Medical School level.

The Flexner report, written in 1910 by Abraham Flexner, was a damning review of medical school admissions and teaching. The report established minimal criteria for medical school entry. It also established minimal training requirements of two years of training in anatomy and physiology followed by two years of clinical work in a teaching hospital. Almost without exception, medical schools in the United States have followed the Flexner report to the present day.

Let me repeat that, *over 100 years later* we are still adhering to a study done to standardize medical education and get rid of schools that were teaching "leaches 101." Is it time for another Flexner (Wasserman) report? There has been amazing knowledge growth over the last 100 years yet; Medical School is still four years. What do we have to do to make major changes in the medical school curriculum to **reduce** the time to at best three years? Confused, no need, read on.

In 1910, students needed only two years of undergraduate school for admission contrasting with today's four. Medical schools now have admission science requirements, yet, most schools are still teaching close to two years of basic science prior to clinical training, although some are integrating the teaching earlier and others are starting the clinical years sooner. Duke has an innovative curriculum where students gain experience in biomedical research in one of 16 different study programs in the third year.

Here as in many/most schools students begin their clinical clerkships in their third year and then spend their fourth year with some electives, some requirements and a lot of free time for interviewing for internships, studying for boards and vacation before finishing in April. It is very hard to imagine an entire year spent less educationally. Of course we still have the archaic system of taking three to four months of interview time to choose an internship; but that is a topic for another day (endless supply.)

Here is the solution: 9-9-9, (couldn't resist). Seriously, one year plus (if needed) of basic science integrated with clinical medicine with the students entering their clinical clerkships sometime early in year two followed by some degree of subspecialty work for the remainder of year three. The conundrum: one less year of tuition. (Why do you think Duke kept four years rather than go down to three, as worthwhile as the extra year may be?) I don't say this lightly. Medical schools are already under tremendous financial pressure so what resources would have to be cut to lose 25% of revenue? Or is tuition per year just increased? Still, there is no counter argument as this makes too much sense. When you put all the time together it barely amounts to three years of work.

Given the predictions of the shortage in physicians in the near future anything to shorten the time to becoming a practicing physician would help. Medical education takes too long and costs too much. Can you imagine it taking nine years to become an Infectious Disease doc? In a few years, antibiotics won't work and then what is there to learn, mechanisms of quarantine? Doesn't eight years sound better? And if we can do this, can we try and get rid of the designated hitter in baseball next.

Alan G. Wasserman, M.D.

Department of Medicine August 2012 Grand Rounds

Aug 2 **"Where are We in the Justification of Animal Research? Problems of Ethics, Validity, and Reliability"**

Hope Ferdowsian, MD, MPH

Assistant Professor of Medicine
Division of General Internal Medicine
Department of Medicine
The George Washington University Medical Faculty Associates

Aug 9 **"Colorectal Surgery"**

Samir Agarwal, MD

Assistant Professor of Surgery
Division of Colon & Rectal Surgery
Department of Surgery
The George Washington University Medical Faculty Associates

Aug 16 **"Use and Abuse of Anabolic Steroids"**

Michael Irwig, MD

Assistant Professor of Medicine
Division of Endocrinology & Metabolism
Department of Medicine
The George Washington University Medical Faculty Associates

Aug 23 **"Diagnosis and Management of Atypical Hemolytic Uremic Syndrome"**

Larry Greenbaum, MD, PhD

Director, Division of Pediatric Nephrology
Chief, Pediatric Nephrology, Emory-Children's Center
Emory University School of Medicine
Atlanta, Georgia

Aug 30 **"Frontotemporal Dementia"**

James Cooper, MD

Clinical Professor of Medicine
Division of Geriatrics and Palliative Medicine
Department of Medicine
The George Washington University Medical Faculty Associates

The George Washington University Medical Center (GWUMC) is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to sponsor continuing medical education for physicians. GWUMC designates this continuing medical education activity on an hour-for-hour basis in Category I of the Physician's Recognition Award of the American Medical Association.

Medicine Team Contacts

ADMITTING RESIDENT (202) 715-6034 (CELL)

WHITE TEAM	(202) 715-5669
YELLOW TEAM	(202) 715-6041
GREEN TEAM	(202) 715-6062
RED TEAM	(202) 715-6039
BLUE TEAM	(202) 715-6156
SILVER TEAM	(202) 715-6040
PURPLE TEAM	(202) 715-6042
GOLD TEAM	(202) 715-6044



**CARDIOLOGY
GRAND ROUNDS
WILL RETURN
IN SEPTEMBER**

Chairman's Rounds

GWU Hospital Auditorium, 12:00 Noon
All Faculty Invited to Attend

Aug 17 Dr. Ishita Prakash

Aug 24 Dr. Andrew Mener
Dr. John Jordan

Aug 31 Dr. Nancy Maaty

Resident Lecture Series August 2012 Noon Conference

- Aug 1 "Celiac Sprue" - Dr. M. Aamir Ali
- Aug 2 **Medicine Grand Rounds**
- Aug 3 "Thrombocytopenia" - Dr. Jeanny Aragon-Ching
- Aug 6 **Primary Care Lecture Series**
- Aug 7 **Journal Club**
- Aug 8 "Hepatorenal Syndrome" - Dr. Nicolas Guzman
- Aug 9 **Medicine Grand Rounds**
- Aug 10 "Pain Management, End-of-Life Care"
- Aug 13 **Primary Care Lecture Series**
- Aug 14 "Acute Pancreatitis" - Dr. Suzanne Sweidan
- Aug 15 **Jeopardy - The Chiefs**
- Aug 16 **Medicine Grand Rounds**
- Aug 17 **Chairman's Rounds**
- Aug 20 "Type I Diabetes" - Dr. Michael Thompson
- Aug 21 "CPC"
- Aug 22 "Critical Care Medicine" - Dr. Katrina Hawkins
- Aug 23 **Medicine Grand Rounds**
- Aug 24 **Chairman's Rounds**
- Aug 27 "Management of the Acute Stroke Patient" -
Dr. Kathleen Burger, DO
- Aug 28 **Mortality & Morbidity**
- Aug 29 "Management of the Acute Stroke Patient" -
Dr. Kathleen Burger
- Aug 30 **Medicine Grand Rounds**
- Aug 31 **Chairman's Rounds**

Please Join Us In Welcoming Our New Medicine Faculty

Dr. Anne Cioletti was the Outpatient Chief Medical Resident last year with plans of a career in primary care medicine. Fortunately she decided to join the faculty here at the MFA in the Division of General Internal Medicine and continue much of the work she started last year, including treating patients in her clinics and precepting residents in their clinics.

Anne is a true Texas girl, born in San Antonio and raised near Houston (and she recently returned to San Antonio this past year for her wedding). She attended Baylor University and received a major in University Scholars with an emphasis in medical humanities and biology. Anne attended medical school at University of Texas Health Science Center at San Antonio. She had a scholarship from the San Antonio Livestock Show and Rodeo. She was interested in primary care and considering geriatrics, and came to GWU on the primary care track. She received the Southeast Center of Excellence in Geriatrics Medicine, Resident Award Summit in 2010 and has traveled to Vellore, India and Copan, Honduras to volunteer in resource poor hospitals and clinics.

Dr. Cioletti is board certified in Internal Medicine and is accepting internal referrals.

Dr. Ashte' Collins, also a former GWU Hospital Chief Resident, joined the faculty of the Division of Renal Diseases and Hypertension in July based primarily at the new MFA offices in Greenbelt, Maryland. Born in Washington, DC, Ashte' received his medical degree from the University of Chicago Pritzker School of Medicine after doing his undergraduate work at Xavier University of Louisiana. Dr. Collins is a committed volunteer, participating in community service and health screenings, tutoring and mentoring programs throughout college and medical school. He was elected to AOA during his chief resident year. After his chief resident year he joined the Renal Fellowship Program here at GWU, finishing this past June. Ashte' has a very patient and family centered approach to the delivery of care and his patients are very devoted to him.

Dr. Collins is board certified in Internal Medicine and Board Eligible in Nephrology. To schedule new patients call (301) 474-1324.

Dr. Tulsi Mehta, has also joined the MFA Division of Renal Diseases and Hypertension and will be practicing along with Dr. Collins in the Greenbelt Office. Dr. Mehta holds an undergraduate degree in Psychology from the University of Pennsylvania and an M.D from Meharry Medical College School of Medicine in Nashville, Tennessee, where she graduated with highest honors. She completed her residency in internal medicine at the Hospitals of the University of Pennsylvania in Philadelphia and her fellowship in Nephrology at Johns Hopkins Hospital in Baltimore. She also completed the graduate certificate program in Clinical Research Training at the DC Clinical Research Training Consortium at Georgetown University.

Dr. Mehta had been on staff at the Washington Hospital Center since completing her fellowship in 2005, she is board certified in internal medicine and nephrology and she speaks French, Hindi and Gujarati.

Call (301) 474-1324 to schedule appointments with Dr. Mehta.

Dr. Nitin Sardana joined the faculty of the Division of Hospital Medicine in July. Having grown up in Baltimore and raised in Takoma Park, Nitin obtained his undergraduate degrees from the University of Maryland Baltimore County (UMBC) in Biology and Psychology. Upon completion of his undergraduate education, he attended the University of Maryland Medical School in Baltimore. He began his internship here at GWU in June 2008 after which he became one of the GWU Hospital-based Chief Residents for the 2011-2012 academic year, finishing just this past June.

Nitin plans on beginning a fellowship in Gastroenterology next year. He is board certified in internal medicine and his year as chief resident prepared him well for another year on the wards as a hospitalist.

Dr. Karolyn Teufel has joined the Division of Hospital Medicine. Upon completing the GWU Internal Medicine Residency Program in 2006 she left for a career in the U.S. Air Force. First as a Staff Internist at Wright Patterson Medical Center near Dayton, Ohio, she was also an Assistant Professor of Medicine at Wright State University Boonshoft School of Medicine, in addition to USUHS, and also served as Associate Program Director from 2008-2009. During her time at Wright Patterson, Dr. Teufel served in Operation Iraqi Freedom at Kirkuk Regional Air Base and went on an humanitarian medical aid mission to the Amazon region of Peru. In 2009 she was transferred as a Staff Internist to Landstuhl Regional Medical Center in Germany and since 2011 she has practice Aerospace Medicine as part of the 113th Medical Group of the DC Air National Guard at Andrews Air Force Base.

Dr. Teufel was raised in Pennsylvania, the only girl in a large family of boys. She went to the University of Scranton on a full academic scholarship, then received her medical degree from Drexel University College of Medicine. While at GWU for her residency she received the Resident of the Year Award for 2005-2006 from the Attending Physicians Association. She has also been awarded the USAF Commendation Medal and the US Army Meritorious Service Medal. Dr. Teufel speaks German and runs marathons and triathlons in her spare time.

Dr. Sara Wikstrom rounds out our additions to the Division of Hospital Medicine. Dr. Wikstrom was born in Ogden, Utah. She attended Yale University where she received a B.A. in History, and played on the varsity women's soccer team, followed by an M.S. in Physiology and Biophysics from Georgetown University. Sara then returned to Utah (the University of Utah School of Medicine) for her medical training. Between graduate school and medical school Sara worked as a physical therapy aide. She was also a ski instructor at Deer Valley Resort in Park City, Utah. Dr. Wikstrom began her training at GWU as an intern and was most recently a GWU Hospital-based Chief Resident for the 2011-2012 academic year. She speaks Italian and is board certified in internal medicine.

She planned on a career in hospital based medicine after her chief year and we are pleased that she fulfilled her plans by joining the faculty of the MFA Department of Medicine and staying on at the George Washington University Hospital. Dr. Wikstrom also runs marathons, triathlons, skis and still plays soccer.

Please join us in welcoming all of our new faculty be they new or familiar faces!

New SMHS Executive Committee Members Elected

The voting is complete and the ballots have been counted. The SMHS Executive Committee voting members for Academic Year 2012-2013 are listed below:

Basic Science Faculty Chair Members

Robert Hawley - Chair, Anatomy & Regenerative Biology
Michael Bukrinsky - Interim Chair, Microbiology, Immunology & Tropical Medicine

Basic Science Faculty Regular Members

Frank Slaby - Anatomy & Regenerative Biology
Norman Lee - Pharmacology & Physiology

Clinical Faculty Chair Members

Michael Berrigan - Chair, Anesthesiology & Critical Care Medicine

Robert Zeman - Chair, Radiology

Clinical Faculty Regular Members

Arnie Schwartz - Pathology
Raymond Lucas - Emergency Medicine

CNMC Faculty Regular Member

Terry Kind - Pediatrics

Health Sciences Faculty Chair Members

Cathy Turley - Interim Chair, Clinical Research & Leadership
Lisa Alexander - Interim Chair, Physician Assistant Studies

Health Sciences Faculty Regular Members

Joan Butler - Clinical Research & Leadership
Margaret Plack - Physical Therapy & Health Care Sciences

Ex-officio Voting Faculty Chair Members

Gary Simon - Vice Chair, Medicine
Anton Sidawy - Chair, Surgery

Kudos and Congratulations

Kudos ... to Dr. Adam Possner, Assistant Profess, Division of General Internal Medicine. A patient writes to say that he "is a fabulous doctor. His 'bedside' manner was very reassuring. He paid attention to the patient and made [a] diagnosis - listened well to patients' concerns and explained well. Other staff were also congenial and helpful. Very impressed. Thank you."

More Kudos ... we received a note from a VA Faculty member regarding **Dr. Andrew Roberts**, PGY3, "I just wanted to let you know that your new resident Andrew Roberts is a great physician and a wonderful person. Great bedside manners. Outstanding team leader and teacher."

And More ... a nocturnist from Inova Fairfax wrote in praise of **Dr. Bianca Ummat**, PGY2. "She is excellent all around, knowledgeable, courteous, professional and incredibly timely with her admissions. I was doubly impressed to realize that she is a 2nd year resident. Another nocturnist wrote, "Bianca & **Chad (Henson, MD, PGY2)** were exceptional last night in every way, let it be known!"

Thanks ... to Dr. Courtney Paul, PGY1. Dr. Guillermo Gutierrez sends his thanks for doing an excellent job with night float while cross covering Blue Team for a patient that fell. This was evidenced by an excellent sbar note that documented the event.

Congratulations ... to Dr. Jeanny Aragon-Ching, Assistant Professor, Division of Hematology & Oncology who has been elected to Fellowship in the American College of Physicians.

See you next month! The Editor



The George Washington University Medical Faculty Associates
Department of Medicine, Suite 5-411
2150 Pennsylvania Avenue, NW
Washington, DC 20037