I am struck by the dichotomy in health care news. First I read about how the physical exam is antiquated, and more than that, it is an impediment to good medicine. Why? Because it takes too long, and physicians don’t have much time to spend with a patient. Why palpate for the spleen or liver when the complaint is a sore throat? Why do a testicular exam when the complaint is an ear ache? In the rush to see more patients in less time, do we really want to discard the thorough physical exam?

I am sure everyone has some story of something they discovered while examining a patient that was unexpected. Even I have one, although over the years I think the story has undergone revisions. I once discovered a Virchow node in an asymptomatic patient and made the diagnosis which turned out to be correct of gastric cancer. It is hard to be too pleased with oneself in making a diagnosis which at the time I am sure was not curable and also to think that Rudolf Virchow, the German pathologist, first described the node and its association with gastric cancer in 1848.

How would you do a complete exam, or even a focused one, if you never learned the proper technique? This is why we have continued to have a group of physicians, all retired, who spend time observing and teaching third year students on the wards how to do a complete physical. Most students are smart enough to realize what an amazing opportunity this is to learn from the “master.” Many feel this is the best part of their clerkship experience. Some feel this is a complete waste of time. We call them promising orthopedists.

Seems to me we are confusing the art of the physical exam with the argument over the worth of the yearly physical. There are many who now question the efficacy of the yearly physical as far as cost, time and outcomes. Is it really cost effective in the healthy patient? Is it frequent enough for the ill? For a 15 minute visit with a specific problem of course a focused exam is necessary.

But then I read that we shouldn’t worry how much time is spent with the patient, in fact the new trend is to do more home visits and spend as much time as needed. We are talking about universal home visits, not just for elderly with limited mobility where home visits have been shown to reduce recurrent hospitalizations, but for non-emergent illnesses in anyone.

On one hand we are saying that it takes too long to completely examine someone, yet we can have physicians spend time driving all over town to see someone with a cold in their home because it is more convenient for the patient. Given the limited ability to do anything in someone’s home without ancillary support, how can this be good or cost effective medicine? The first thing you need to do if you try and bill someone for a home visit is to list the reason why the person couldn’t be seen in the office. Therefore, we are talking about a cash business. Now it starts to make sense. If you drive fast enough and charge enough this could be cost effective for the physician. Why not Uberdoc? Call for the closest roving physician. Now don’t steal this idea while I work on the ap.

Alan G. Wasserman, M.D.
Department of Medicine
July 2017 Grand Rounds

JULY 6 “Educating Tomorrow’s Physicians”
Richard Simons, MD
Senior Associate Dean for MD Programs
Professor of Medicine
GW Medical Faculty Associates

JULY 13 “Chronic Pain”
Danielle Doyle, MD
Assistant Professor of Anesthesiology and Pain Medicine
GW Medical Faculty Associates

JULY 20 “Advances in Biology and Therapy of Lymphoma”
Mitchell Smith, MD
Professor of Medicine
Division Director
Division of Hematology/Oncology
Department of Medicine
GW Medical Faculty Associates

JULY 27 “GSTM1, APOL1 and Kidney Disease”
Gabor Bodonyi-Kovacs, MD
Assistant Professor of Medicine
Division of Kidney Disease & Hypertension
Department of Medicine
GW 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 (AMA).

Medicine Team Contacts

Need to find a resident on an inpatient team?

We are no longer using RF phones for primary communication, and no longer using Amion for schedules! Login to gwu.medhub.com, click on "Schedules," and click "Calls/shifts." Residents are listed in black and attending are listed in blue. Please use Tiger text to reach the appropriate physician. (You can also find the on-call Administrative Chief Resident on the MedHub schedule for programmatic needs. If you have trouble with your MedHub account, please contact Mary Mitchum at mdmitchum@mfa.gwu.edu.)

Resident Lecture Series
July 2017 Noon Conference

JULY 3 “Alcohol Withdrawal”— Dr. Karolyn Teufel
JULY 4 HOLIDAY
JULY 5 “Thyroid Nodules”- Dr. Jill Paulson
JULY 6 Medicine Grand Rounds
JULY 7 “Intro to HIV”- Dr. Marc Siegel
JULY 10 “Sepsis”- Dr. Katrina Hawkins
JULY 11 Patient Safety Conference
JULY 12 “How to Host a Family Meeting”- Dr. Erica Schockett
JULY 13 Medicine Grand Rounds
JULY 14 “Congenital Heart Disease”- Dr. Christian Nagy
JULY 17 “DVT Prophylaxis”-Dr. Sara Wikstrom
JULY 18 “Arrhythmia”- Dr. Alan Solomon
JULY 19 “Anaphylaxis”- Dr. Richard Nicholas
JULY 20 Medicine Grand Rounds
JULY 21 “UTI”- Dr. Jillian Catalanotti
JULY 24 “Advance Care Planning”- Dr. Katalin Roth
JULY 25 “Neutropenic Fever”- Dr. Afsoon Roberts
JULY 26 “Approach to Anemia”- Dr. Shant Ayanian
JULY 27 Medicine Grand Rounds
JULY 28 TBD
JULY 31 TBD
Please Join Us In Welcoming Our New Chief Residents

Dianne N. Thompson, MD received her Medical Degree from Howard University School of Medicine in 2014; and just completed her three year residency here at GW. She will continue at the Washington DC Veterans Medical Center for one additional year as a Chief Medical Resident in July 2017. She will obtain special training through the VA system to be their “Quality Improvement” chief this year.

Dr. Thompson has participated in research projects at both Howard University School of Medicine and Johns Hopkins University and is published. She has a record of voluntary service; serving the uninsured and underserved patients of the Washington DC metropolitan area and participated in the Mammoday Program, which offered free breast cancer screening and diagnostics. Dr. Thompson is known for her gentle bedside manner and has an interest in using quality improvement to make inpatient geriatric care safer. She plans to practice medicine as a generalist, and is currently deciding between the in- and outpatient settings. She is bilingual, speaking English and Spanish.

Joseph Delio, MD received his Medical Degree from The George Washington University, School of Medicine, and stayed on at GW for Internal Medicine residency. He will continue at the GWU MFA for one additional year as a Chief Medical Resident, starting in July 2017.

Dr. Delio is published, and has presented in a number of forums and has also participated in research activities. He is interested in Pulmonary and Critical Care Medicine as a career. Dr. Delio is known for his excellent organizational skills (he has an undergraduate accountancy degree), and his personal interests include baking, skiing, and reading the Stock Market.

Kanika Gupta, MD received her Medical Degree from The George Washington University in 2014 and also stayed on at GW for Internal Medicine residency. She will continue at the GWU MFA for one additional year as a Chief Medical Resident, starting in July 2017.

Dr. Gupta has served on the editorial board of The Department of Medicine’s Humanities magazine, Cuentos. Her career interests include Primary Care, Preventative Medicine and wellness, and Weight Management. Dr. Pyda’s hobbies include caring for her new cat, and she has a phenomenal singing voice – previously performing with the Lehigh University Echoes a cappella singing group.

Lei Lynn, MD received her Medical Degree from the University of North Carolina School Of Medicine, Chapel Hill in 2014. She completed her Internal Medicine Residency at The George Washington University in June 2017 and will continue with the MFA for one additional year as Chief Medical Resident in July 2017.

Dr. Lynn plans to have a career in Hospital medicine. Her hobbies include floral design, and she even arranged the flowers for her own wedding. Dr. Lynn is fluent in English and Mandarin.

Vani Pyda, MD received her Medical Degree from Drexel University College of Medicine in 2014. She just completed her three year residency here at GW. She will continue at the GWU MFA for one additional year as Chief Medical Resident in July 2017.

Dr. Pyda has served on the editorial board of The Department of Medicine’s Humanities magazine, Cuentos. Her career interests include Primary Care, Preventative Medicine and wellness, and Weight Management. Dr. Pyda’s hobbies include caring for her new cat, and she has a phenomenal singing voice – previously performing with the Lehigh University Echoes a cappella singing group.

Kanika Gupta, MD received her Medical Degree from The George Washington University in 2014 and also stayed on at GW for Internal Medicine residency. She will continue at the GWU MFA for one additional year as a Chief Medical Resident, starting in July 2017.

Dr. Gupta has served on the editorial board of The Department of Medicine’s Humanities magazine, Cuentos. Her career interests include Primary Care, Preventative Medicine and wellness, and Weight Management. Dr. Gupta has six publications, four of which are as first author, and has published and presented a number of abstracts and posters. She is known for her website-design prowess and her calm, rational demeanor. She has native fluency in English, spoken Hindi and conversational fluency in Spanish.

Grateful Patient Discovery Fund

Patients made a gift in the physician’s honor to the Grateful Patient Discovery Fund, which supports crucial priorities for GW’s Department of Medicine.

- Ashte Collins- Renal
- Shailendra Sharma- Renal
- James Ahlgren- Hem/Onc
- Jonathan Reiner- Cardiology
- Allen Solomon- Cardiology
- Paul Silver- DGIM
- Robert Jablonover- DGIM
- Tania Alchalabi- Geriatrics
- Katalin Roth- Geriatrics

Congratulations...to Dr. Ashte Collins and his family on the newest addition to their family. Carter Collins who arrived on 6/13 (a little early) while on vacation in Miami.
2016 - 2017 Department of Medicine
End-of-the-Year Party
June 9, 2017

The George Washington University Medical Faculty Associates
Department of Medicine, Suite 8-416
2150 Pennsylvania Avenue, NW