

Boston Medical Center/ Boston University School of Medicine

Department of Medicine Newsletter

Message from the Chairman

Colleagues,

As the spring unfolds, we would like to share activities and accomplishments of members of the Department of Medicine. This edition represents the first compiled by Jen Visconti, our new Administrative Assistant in the Department.

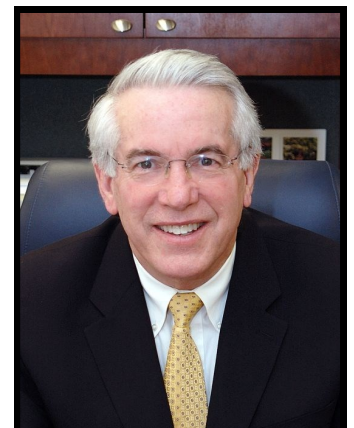
As outlined in the newsletter, we prepare to welcome an extraordinary class of incoming interns-notable for their diversity and remarkable academic achievement. The entering class continues a trend of increasingly accomplished intern applicants matching into one of our residency training programs. The diligent efforts of Drs. Gopal Yadavalli and Sheilah Bernard in intern recruitment have been particularly laudable.

The Department leadership also recently completed Unconscious Bias training in keeping with our departmental strategic plan to enhance diversity in the department. The training is part of an ongoing effort to develop effective approaches to recruit, retain, and develop individuals of diverse backgrounds and perspectives. We hope to further enhance our approach through proactive faculty development initiatives and creation of a new position of Associate Chair for Under-Represented Minority Faculty Development. Success in these endeavors will increasingly determine whether the department is successful in meeting our core missions.

We will shortly complete the budget planning process for AY 17. The coming academic year has more than the usual financial challenges. However, if past is prologue, we will exceed our clinical, academic, and financial goals in AY 17, as we have done in recent academic years.

I hope you enjoy this edition of the department's newsletter and will join with us in celebrating the remarkable achievements of members of our department.

David Coleman, M.D.



It Takes a Village to Recruit an Intern DOM Match Day March 18, 2016



Many thanks to all involved in recruiting this year's 2016 intern class. Countless hours were spent reviewing applications, arranging and conducting interviews, conducting tours, ranking applicants and ensuring at every step in the process that BMC was represented in the best possible way. In total, over 4000 applications were received for 55 open positions. The 2016 intern class consists of 40 categorical residents, 6 primary care, 1 combined internal medicine and preventive medicine, and 9 prelims. We are proud to have matched 17 BU students. Additional distinguishing characteristics of the 2016 intern class include the following: 12.5% underrepresented minorities, 12.5% Gold Humanism, 11% AOA, and 9% with advanced degrees. The regional breakdown is 71% Northeast, 9% Southeast, 5% West, 4% Midwest and 9% international. This year's incoming interns have done volunteer work in 15 countries and speak 18 foreign languages. Outside of Medicine they are accomplished as musicians, hikers, marathoners, black belts, artists and dancers (to highlight a few). Congratulations to all who were involved in this year's recruitment efforts on a job well done. Please join us in welcoming the new interns and orienting them to their new roles at BMC starting officially on June 25.

Department of Medicine Cook Ross Everyday Bias Training

BUMC hosted the Cook Ross Everyday Bias retreat for faculty and leaders from March 16 to 18, 2016. This three-day training focused on understanding of what unconscious bias is, how it impacts our daily interactions and decisions, and developing strategies for dealing with individual bias and shifting organizational culture.

Over 125 faculty attended the keynote address, 60 participated in a half-day training, and 20 participated in all three days of the retreat, including 8 representatives from DOM. Participants enhanced their awareness of their own biases and its impact on their work environments through individual reflection and small group exercises. Emelia Benjamin, Professor and Vice-Chair, DOM, and Assistant Provost of Faculty Development, BUMC, presented BUSM and SPH current state diversity data by race and sex with regard to academic rank and leadership positions held to provide a baseline for institutional change. On the final day of the retreat, participants, including 13 department chairs and section chiefs, identified key areas of focus and action items to help mitigate unconscious bias throughout BUMC.



Department of Medicine Cook Ross Everyday Bias Training

If you are interested in learning more about unconscious bias, you may want to read the book [Everyday Bias](#), written by Howard Ross, Founder and Chief Learning Officer of Cook Ross, who facilitated the three day retreat. You may also learn more about your own unconscious biases by taking the [Harvard Implicit Association Tests](#). Retreat participants completed both in preparation for the March training.

The DOM's support of the Cook Ross Everyday Bias retreat is part of the Department's commitment to enhancing diversity and inclusion. In addition, DOM is currently seeking to hire an [Associate Chair for Under-Represented Minority Faculty Development](#). Please click [here](#) for more information.

If you are interested in learning about and participating in the DOM's diversity initiatives, please contact Robina Bhasin, Director of Faculty Development & Diversity, at rbhasin@bu.edu.



CONGRATULATIONS!

Faculty Recognition & Awards

Catherine Rich, MD, has been elected President of The New England Region chapter of the Society of General Internal Medicine (SGIM)

Henri Lee, MD, Director of Hospital Medicine Unit, accepted into a highly competitive leadership program, the 2016 LEAD Certificate Program. He will participate in the program over the next year

Rebecca Mishuris, MD, MS, MPH, Assistant Chief Medical Information Officer, accepted into a highly competitive leadership program, the 2016 LEAD Certificate Program. She will participate in the program over the next year

Katya Ravid, DSc, PhD, Fulbright Award to France. Some of the leading hematopoiesis and megakaryocyte/platelet biomedical research is centered in INSERM France

Cleon V. Ryland, Jr. elected to the Clerkship Administrators Advisor Council (CAAC) for CDIM. Our BU/BMC national presence continues to grow. Cleon will serve a three-year term from July 1, 2016 – June 30, 2019

Vanessa Xanthakis, PhD, received the Fall 2015 SPH Teaching Award for CV Epidemiology

David Coleman, MD, Elected President-Elect of the Association of Professors in Medicine

CONGRATULATIONS!

Faculty Recognition & Awards

Bulat Idrisov, MD, MS, has been awarded a National Institute on Drug Abuse (NIDA) International Visiting Scientists and Technical Exchange Program (INVEST) Drug Abuse Research Fellowship to train with Dr. Jeffrey Samet in Boston. Dr. Idrisov, currently a Resident Physician at Bashkir State Medical University in Russia, worked on a Russia ARCH analysis looking at food insecurity and HIV risk behaviors. He presented some of these findings at the 2015 College on Problems of Drug Dependence Scientific Meeting in Phoenix, Arizona. Dr. Idrisov will now continue this important research over the next 12 months as a NIDA INVEST fellow, analyzing food insecurity and HIV transmission, progression, and access to care in the Russia ARCH cohort while honing his skills as an addiction researcher

Dr. Nahid Bhadelia, of Brookline, has been named the winner of the third annual Fletcher Women's Leadership Award. The award was established in 2014 by the Fletcher Board of Advisors and the school's executive leadership to honor outstanding female graduates who are making a meaningful impact in the world in the private, public and nongovernmental organization sectors. Dr. Bhadelia is an infectious disease physician in the Department of Medicine at Boston Medical Center and a director of infection control at Boston University's National Emerging Infectious Diseases Laboratory

CONGRATULATIONS!

Faculty Recognition & Awards

Dr. Avrum Spira, Chief of the BUSM Division of Computational Biomedicine and Director of the BMC Cancer Center, was recently recognized in the Chicago Tribune as part of a news release from Johnson & Johnson (excerpt below).

Johnson & Johnson has ramped up its ambitious project to learn how to predict who will develop particular diseases and find therapies to prevent or stop the disease early, when it's most treatable. One of the newest projects piggybacks on existing research at Boston University School of Medicine. It's been working since 2011 under a Defense Department grant to identify which military members and veterans will develop lung cancer. That group has a high risk because many are heavy smokers and they're exposed to fuel fumes and other dangerous substances while deployed, said [Dr. Avrum Spira](#), a pulmonologist heading that study.

It's been testing blood and airway cells and doing chest scans on hundreds of participants, aiming to link changes in those tests over time to which people later develop lung cancer. J&J has given Spira's group \$8 million to test 1,000 civilian smokers, to identify cell changes in the individuals who eventually develop chronic obstructive pulmonary disease, which includes emphysema and chronic bronchitis. They'll then test therapies to stop further destruction of lung airways.

With another \$2.1 million from J&J, Spira said, his team is studying how the immune system fails in the early development of lung cancer and whether new drugs that fight cancer by boosting the immune system could prevent it.

A link to the full release may be found at <http://www.bumc.bu.edu/compbio/2016/03/23/johnson-johnson-expands-project-that-aims-to-predict-prevent-diseases/>

Boston University Department of Medicine Spring Spotlight: Pulmonary Section Projects

The Pulmonary Section would like to highlight three new programs it has initiated in the past year: Lung Cancer Screening, Lung Nodule Clinic, and the Tobacco Treatment Program. These programs, along with a COPD readmission program we will implement by the summer, will provide a complete package of 4 inter-related new programs attacking two of the top four major killers in the United States: Lung Cancer and COPD.

Lung Cancer Screening

BMC has received American College of Radiology accreditation as a Lung Cancer Screening Center. An order can be placed in Epic for “CT Lung Screening.”

The US Preventative Services Task Force (USPSTF - Grade B recommendation) endorsed lung cancer screening with low dose chest CT for the following patient population:

- Ages 55-80* (*Medicare covers ages 55-77)
- No signs or symptoms of lung cancer (Ex: hemoptysis, weight loss)
- A 30+ pack-year history of smoking
Current smoker, or quit smoking within the past 15 years



Resources for providers and information for patients in English, Spanish, Portuguese, and Haitian Creole are available on our website:

www.bmc.org/lung-screening

Lung Nodule Clinic

The BMC Lung Nodule Clinic was created to care for patients with incidental or screen-detected pulmonary nodules (generally Lung-RADS 3 and 4). It was developed through an interdisciplinary collaboration between pulmonologists, radiologists, and thoracic surgeons, and is staffed by board-certified



Boston University Department of Medicine Spring Spotlight: Pulmonary Section Projects

pulmonologists with expertise and interest in lung cancer. The clinic uses a shared decision-making model in which the risks and benefits of evaluation/treatment options are discussed. The physicians also can conduct shared decision making visits for patients considering whether to undergo lung cancer screening. Recommendations are communicated to both patients and referring physicians. Patients requiring thoracic surgery consultation can be seen on the same day in the Multi-Disciplinary Thoracic Oncology Clinic.

A referral can be placed in Epic by entering “Pulmonary Nodule” in the Meds&Orders dialogue box. (Ambulatory Referral to MedSpec: Pulmonary: Multidisciplinary Lung Nodule Care)

Printable information for patients about lung nodules is available on our website: http://www.bmc.org/Documents/BMC_LungTrifoldBrochure_web.pdf

Tobacco Treatment Program

The Tobacco Treatment Center is a multidisciplinary team of health professionals who specialize in helping smokers quit smoking. The Center offers evidence based treatment including group, individual, and behavioral

counseling sessions. BMC’s tobacco-trained specialists, pulmonologists, respiratory therapists, and behavioral health specialists help smokers understand the physical and psychological aspects of quitting tobacco and help develop personalized quit plans that include a variety of treatments.

A referral can be placed in Epic to Pulmonary:Smoking Cessation.

For more information, see our website: <http://www.bmc.org/pulmonary-criticalcare-allergy-sleep/tobacco-treatment-center.htm>



Boston University Department of Medicine Drs. Harry Gavras and Irene Gavras to Retire

Dr. Harry Gavras, Professor of Medicine, and Dr. Irene Gavras, Professor of Medicine, have announced their plans to retire in July 2016. Drs. Gavras came to our department over 40 years ago after training in Europe and New York. Harry conducted pioneering studies on the renin-angiotensin axis in the pathophysiology and treatment of hypertension and developed angiotensin-converting enzyme inhibitors for the treatment of congestive heart failure. He was Chief of the Hypertension Section and a key leader of innovative new treatments for hypertension. Irene has been an active clinical investigator in hypertension as well. More recently, she has served as a “go to” clinician in the management of patients with refractory hypertension. Fortunately, Drs. Gavras will continue to participate in the life of the department as Emerti Professors. Please join in congratulating them on their extraordinary careers and thanking them for their innumerable contributions to this department and our patients!

