

ACADEMIC INSIDER



DHRHealth
Graduate Medical
Education

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DHRHealth

UNDER THE DIRECTION OF



Jessica Martin, MD, MHA
Senior Vice President of Medical Education
Designated Institutional Official

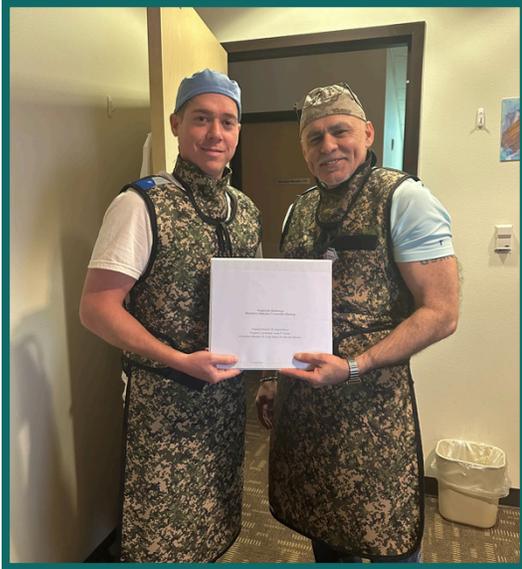
Congratulations to Urology PGY-4 Resident, Dr. Herrera!



We are thrilled to celebrate **Dr. Octavio Herrera**, our talented PGY-4, who recently showcased his expertise at the **2025 Society of Urodynamic Female Pelvic Medicine & Urogenital Reconstruction Conference**. His podium presentation on "**Robotic-assisted uterine-sparing vesicocervical fistula repair**" was nothing short of impressive — an outstanding milestone in his career!

PROGRAM HIGHLIGHTS

GRADUATE MEDICAL EDUCATION



DIAGNOSTIC RADIOLOGY

The **DIAGNOSTIC RADIOLOGY** residency program is excited to be finalizing its rank list for Match Day, a pivotal moment in the journey toward selecting the next cohort of talented residents. After carefully evaluating each candidate's qualifications, clinical experience, and passion for the field, the team is focused on creating a list that reflects both the program's values and the exceptional individuals who will contribute to its future success. *As Match Day approaches, there's a sense of anticipation and pride in knowing that these final decisions will help shape the next generation of radiology professionals.* The excitement is building as the program looks forward to welcoming new residents who will continue to advance the field of Diagnostic Radiology.

EMERGENCY MEDICINE residents geared up for one of the most pivotal moments in their training: the **Emergency Medicine In-Training Examination (ITE)**. This annual exam is a critical benchmark that assesses residents' medical knowledge, clinical reasoning, and preparedness for the challenges of the specialty. For many, *the ITE serves as both a reflection of their progress and a guide for areas requiring improvement.* With weeks of intense studying, mock exams, and late-night review sessions, residents focus on mastering a broad range of topics, from cardiology to infectious disease, in anticipation of this demanding test. The results not only provide valuable feedback for residents and program directors but also offer insights into the collective progress of the field, ensuring that the next generation of internists is equipped with the expertise needed to deliver high-quality patient care.

EMERGENCY MEDICINE



PROGRAM HIGHLIGHTS

GRADUATE MEDICAL EDUCATION

The **FAMILY MEDICINE** residency program has recently undergone its ACGME Continuing Accreditation site visit, an important milestone in maintaining its accreditation and ensuring the quality of its training. During the visit, ACGME evaluators thoroughly reviewed the program's curriculum, clinical rotations, faculty credentials, resident support systems, and adherence to educational standards. With the visit now complete, the program is reflecting on the feedback received, which will help guide improvements and reinforce areas of strength. *Faculty and residents worked collaboratively to present the program's successes in fostering a comprehensive, patient-centered learning environment.* While awaiting the official results, there is a sense of accomplishment among the team for successfully navigating this rigorous process.

FAMILY MEDICINE



The **GENERAL SURGERY** Residency Program is excited to recognize **Dr. Baha and Dr. Patel** who had the opportunity to attend the **South Texas American College of Surgeons Conference** in Houston, Texas this past February 20 - 22, 2025. They were able to demonstrate their abilities as they competed in the Surgical Skills Roundup in which they received **2nd place** in their group.

Additionally, **Dr. Baha presented his poster titled "Idiopathic Spontaneous Compartment Syndrome,"** in which he highlights the need for increased awareness among medical personnel when evaluating patients with unexplained disproportionate pain and other highly suspicious symptoms suggestive of compartment syndrome. We are incredibly proud of their participation at South Texas ACS in representing **DHR Health!**

GENERAL SURGERY



PROGRAM HIGHLIGHTS

GRADUATE MEDICAL EDUCATION

We would like to recognize our **INTERNAL MEDICINE** residents **Dr. Cruz (PGY-1), Dr. Kakarlapudi (PGY-1), Dr. Shah-Riar (PGY-1), Dr. Trivedi (PGY-2), Dr. Panneflek (PGY-2), Dr. Garcia Bautista (PGY-2), and Dr. Vasa (PGY-2)** for their participation in showcasing the Internal Medicine GME Clinic alongside Dr. Sonya Montes and Dr. Salazar in the **15th Annual DHR Health Community Health Fair**. Their dedication and commitment to excellence continue to strengthen our program.



Congratulations!



Additionally, we are pleased to announce the **Chief Residents for the 2025-2026 academic year: PGY-2s, Dr. Trivedi, Dr. Panneflek, Dr. Hernandez Llamas**. **Congratulations to our future chief residents!** We look forward to their leadership and contributions to the program.

UROLOGY



We're thrilled to announce that on February 3rd, we officially matched with our newest PGY-1 **UROLOGY** resident for the upcoming 2025-2026 academic year! Please join us in warmly welcoming **Dr. Bernardita Ljubetic** from Universidad de Los Andes Facultad de Medicina (Chile)! **To celebrate this wonderful moment, our program hosted a fun-filled celebratory lunch and continued our tradition with a FaceTime call from our Program Director to our newest member of the team!** We couldn't be more excited and are eagerly counting down the days until Dr. Ljubetic arrives in the RGV to join our Urology family.

We're also bursting with pride for **Dr. Octavio Herrera, our amazing PGY-4**, who recently presented at the 2025 Society of Urodynamics, Female Pelvic Medicine & Urogenital Reconstruction (SUFU) Conference. Dr. Herrera took the stage with an impressive podium presentation on **"Robotic-assisted uterine-sparing vesicocervical fistula repair"** — what a remarkable achievement!



FELLOWSHIP HIGHLIGHTS

GRADUATE MEDICAL EDUCATION

Dr. Maya Paige, **BARIATRIC SURGERY** fellow was immersed in advanced endoscopic techniques, *focusing on diagnostic and therapeutic procedures relevant to obesity management and related gastrointestinal disorders*. The rotation included hands-on experience with upper endoscopy (EGD) and bariatric follow up patients. Working closely with gastroenterologists, enhancing her proficiency in endoscopic interpretation, therapeutic interventions, and patient selection for bariatric endoscopic therapies.

Dr. Paige delivered her first Journal Club to the Bariatric Fellowship Faculty and Bariatric Team. The article being revised is titled *“National-level and state-level prevalence of overweight and obesity among children, adolescents, and adults in the USA, 1990–2021, and forecasts up to 2050”*.

Dr. Paige presented her view of the article, generating questions from various faculty.

The Bariatric Fellowship Program will begin interviews for the Academic Year 2026-2027. We have received applications from highly skilled surgeons. We look forward to the interview process during the months of March and April 2025.

BARIATRIC SURGERY



Dr. Toma continues to experience a truly amazing interdisciplinary learning environment as he participates in ECMO retrieval of patients with Dr. Andrew Philips. This hands-on experience allows him to collaborate with a diverse team of specialists, deepening his understanding of complex patient care while enhancing his skills in critical decision-making under pressure. The opportunity to work alongside experts in the field provides Dr. Toma with invaluable insights and fosters a deeper appreciation for the intricacies of ECMO management, ultimately shaping his approach to future patient care.

Additionally, **Dr. Jeffrey Skubic**, our **SURGICAL CRITICAL CARE FELLOWSHIP** program director, led our fellow, along with several general surgery and emergency medicine residents, through a **Tactical Combat Casualty Care course at La Copa Ranch**. As an experienced instructor of this course, Dr. Skubic, provided a valuable two-day immersive learning experience. This hands-on training focused on critical incident management and casualty recovery, conducted across daylight, dusk, and nighttime conditions.



ACGME Conference

Members of the **Graduate Medical Education (GME)** office, along with **Program Coordinators**, had the valuable opportunity to attend the **ACGME (Accreditation Council for Graduate Medical Education)** conference in Nashville. This conference provided an exceptional platform for learning and professional development, offering numerous resourceful insights and best practices that can be implemented at DHR.

Dr. Dentino, CAO, Dr. Martin, DIO, Melissa Eddy, Accreditation Manager, and Monica Gonzalez, GME Manager, had the honor of presenting on the national ACGME stage. Their insightful presentation, titled *"Becoming Our Own Sponsoring Institution: Working with All Hospital Leaders for GME Success,"* highlighted their collaborative approach to driving Graduate Medical Education (GME) success by fostering strong partnerships with hospital leadership. This engaging session showcased their commitment to advancing GME through teamwork and strategic leadership.

Additionally, **Program Coordinators Liza Garcia and Genesis Cavazos** presented a poster titled *"Emotional Intelligence Workshop as a Preventative Approach to Reduce Resident Burnout,"* showcasing a workshop focused on enhancing self-awareness, self-regulation, and motivation through exercises like Enneagram self-assessments, guided breathing, and an "About Me" web diagram. The aim was to equip residents with tools to manage stress and prevent burnout.



INSTITUTION HIGHLIGHTS

GRADUATE MEDICAL EDUCATION

RESIDENT DAY CELEBRATION

Residents had the opportunity to come together and celebrate **National Thank a Resident Day** with an exciting, fun-filled event at Top Golf. The day was packed with engaging activities, creating an enjoyable atmosphere for everyone involved. A highlight of the event was the raffle, where residents had the chance to win a variety of fantastic prizes, adding an extra element of excitement to the celebration. Beyond the games and prizes, *the event provided a wonderful opportunity for residents to socialize and connect with one another through a variety of programs designed to bring the community closer.* From friendly competition on the golf course to mingling with neighbors and friends, the day was a perfect blend of entertainment and camaraderie. This event not only provided a fun way to celebrate but also served as a meaningful reminder of the importance of **building strong relationships** within the community. Overall, National Thank a Resident Day was a huge success, leaving everyone with smiles and cherished memories.



GME GRAND ROUNDS

GRADUATE MEDICAL EDUCATION



Graduate Medical Education Grand Rounds

GME Grand Rounds Wednesday's Noon
Main Hospital, Resident Conference Room, 2nd Floor

March 2025



University of Houston Tilman J Fertitta College of Medicine - Title to follow March 5, 2025

Donald A Briscoe, MD, FAAFP
Director of Advanced Clerkships, Director for Transition to Residency Tilman J Fertitta Family College of Medicine



Spring Break

March 12, 2025



Substance Use Disorder Pharmacy - Title to follow March 19, 2025

Rene Verduzco Pharm, BCPS
Clinical Assistant Professor in Pharmacy Practice, Texas A&M Rangel School of Pharmacy Program Director, DHR Health PGY1 Track A Residency Program



Research March 26, 2025
Introduction to Biostatistics

Wady Aude, MD
DHR Health Core Faculty, Internal Medicine Residency Program

Welcome to GME CARES Corner, where you can find quick tips and strategies to improve your overall well-being. This month's topic is Random Acts of Kindness.



30 DAYS FULL OF Kindness

1 Smile at everyone you see today.	2 Make a card for a friend or family member.	3 Pick up any trash you see around the hospital or clinic.	4 Tell someone why you appreciate them.	5 Share a snack or lunch with a fellow resident.
6 Help clean up a common area, like the precepting room.	7 Say "thank you" to the lunch staff or anyone who helps you.	8 Spend some time with someone who lives alone.	9 Make a "Get Well Soon" card for someone who's sick.	10 Say something nice to each member of your family.
11 Give someone a genuine compliment.	12 Make a bookmark and give it to a friend who loves to read.	13 Invite someone new to hang out with you.	14 Help a colleague with something.	15 Write a thank-you note to your PC, faculty, or fellow resident.
16 Be extra polite all day.	17 Hold the door open for someone.	18 Bring a small token of appreciation to someone who has been there for you when you needed it.	19 Make a list of things you're grateful for.	20 Help set the table for dinner at home.
21 Organize your room or working area.	22 Help someone carry their things.	23 Read a book to a younger sibling or a patient in the children's ward.	24 Share a smile with someone who seems sad.	25 Write down three kind things about yourself.
26 Ask someone how their day was and really listen.	27 Donate a gently used toy or book.	28 Help feed or water a pet.	29 Say "Hello" to someone you don't usually talk to.	30 Create a "Kindness Jar" to put notes about kind things you do.

Benefits of Being Kind:
Did you know there are scientific benefits of being kind? It's true. There is a TON of research that proves that kindness matters. Kindness increases: the love hormone, energy, happiness, lifespan, pleasure and serotonin. And, kindness decreases; pain, stress, anxiety, depression and blood pressure. Here are 30 ways you can demonstrate kindness and improve your well-being. Good luck!



Dr. Jennifer L. Ortega DPC, LCC-S, CPC, CCATP
Behavioral Health Specialist/Core Faculty

956-362-3219



WELLNESS SUPPORT

The Comprehensive Behavioral Health (CBH) Department at DHR Health provides free, confidential mental health support, resources, and access to appropriate tools for self-screening for every resident. Counseling services provided to residents and faculty are available Monday - Friday from 8 AM - 8 PM and on weekends from 9 AM - 6 PM.

Call [956-362-2732](tel:956-362-2732) or the 24/7 registration department at [956-362-2755](tel:956-362-2755) to schedule an appointment.

White Coat Dry Cleaning

- Alternate Fridays - Drop off/Pickup

"DM the DIO" DROP BOXES:

- Located in classrooms and call rooms; encouraged to drop any confidential messages

DHR WORKPLACE SAFETY:

- <https://app.convercent.com/enus/Anonymous/IssueIntake/LandingPage/0c318ea9-5439-ea11-a972-000d3ab9f062>

RLDATIX SAFETY & RISK MANAGEMENT:

- <https://srm.rldatix.com/landing/DHR/>

CONFIDENTIAL REPORTING PORTAL:

- <https://www.dhrhealth.com/education/graduate-medical-education/confidential-reporting/>

SECURITY PHONE NUMBER: 956-739-0717

- ACGME IR: III.B.7.d).(5) - safety and security measures appropriate to the clinical learning environment site

COVID-19/SICK-DAY PROTOCOL: All staff shall notify Employee Health as soon as they receive a positive test result or request a sick day. Staff may may not return to work until cleared by Employee Health.

Clearance includes submission of your "Medical Clearance Certificate" to your program coordinator.

- Phone: [\(956\) 362-3655](tel:956-362-3655)
- Email: EmployeeHealth@dhr-rgv.com



Quality Improvement Form

DHR Health - Institute for Research and Development IRB Office

Human Subject Research or Quality Improvement Project:
One-on-One Sessions

- QIP
- Case Report / Case Series
- Research Protocol Development
- IRB Submission



SCAN TO SCHEDULE

For more information, please call/email Liz Elias-Calles Cabanillas

Phone: 956-362-2379
Email: l.calles@dhr-rgv.com