

OCTOBER 2024

ACADEMIC INSIDER

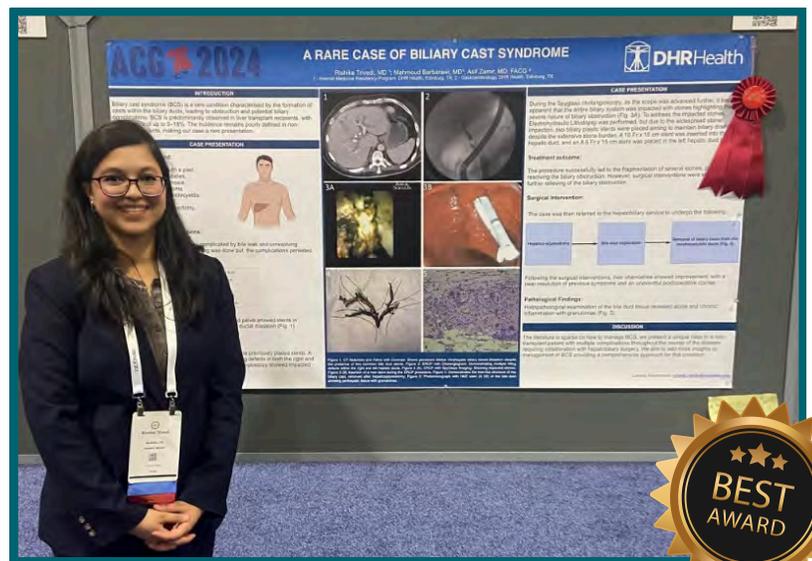


DHRHealth

Graduate Medical
Education

INSIDE:

- RESIDENCY PROGRAM HIGHLIGHTS
- FELLOWSHIP PROGRAM HIGHLIGHTS
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DHRHealth

UNDER THE DIRECTION OF



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

Congratulations to Dr. Rishika Trivedi!

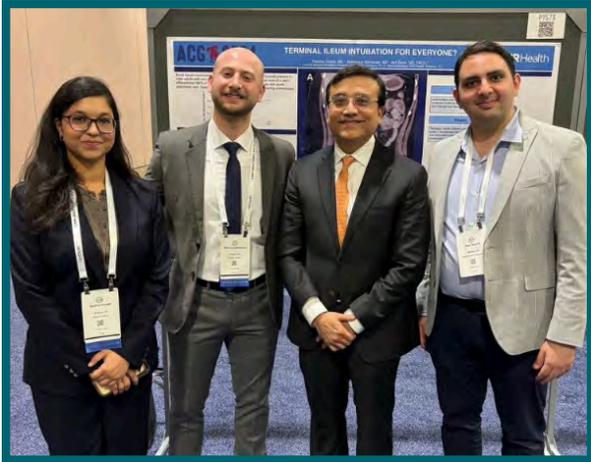
Dr. Rishika Trivedi, PGY-2, Internal Medicine resident, has been awarded the **ACG Outstanding Presenter Award** for her outstanding poster presentation titled "**A Rare Case of Biliary Cast Syndrome**" at the **American College of Gastroenterology (ACG) Annual Scientific Meeting** held in Philadelphia, Pennsylvania, on October 27, 2024.

This prestigious recognition highlights Dr. Trivedi's dedication to advancing medical knowledge and her exceptional ability to communicate complex clinical cases effectively. Her research not only contributes to the **field of gastroenterology** but also exemplifies the high standards of excellence we strive for in our residency programs.

PROGRAM HIGHLIGHTS

GRADUATE MEDICAL EDUCATION

INTERNAL MEDICINE



Celebrating excellence in GME research at the ACG 2024 Annual Scientific Meeting in Philadelphia, PA!

Dr. Rishika Trivedi, PGY-2, Dr. Mahmoud Barbarawi, PGY-2, IM Faculty, Dr. Asif Zamir, and Dr. Majdi Salahie, PGY-2, proudly showcase innovative poster presentations and contributions to advancing gastroenterological practices.

*Dr. Percy Thomas, PGY-3, engages with the community, sharing vital information on **cervical and breast cancer awareness** and prevention measures. Highlighting the importance of regular screenings and annual check-ups, she emphasized the role of **Internal Medicine and Family Medicine services at the DHR Health Clinic** in promoting proactive health care. Together, we can empower our community to prioritize health and well-being!*



INTERNAL MEDICINE residents enjoyed a **Wellness Friday** focused on relaxation and camaraderie, featuring a delightful meal and a **calming coloring activity**. This therapeutic outlet allowed residents to unwind, express their creativity, and share stories about stress management in a supportive environment. *Wellness Friday's highlight the commitment of promoting well-being and emphasizes the importance of self-care in maintaining a healthy work-life balance.* DHR Health GME encourages all residents and staff to prioritize their mental health and explore activities that foster relaxation and connection, as we work together to cultivate a culture of wellness that enhances personal and professional growth.



Alumni Spotlight

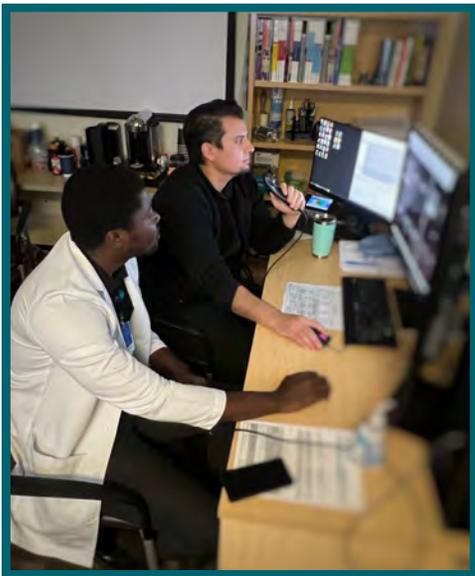
Congratulations to Dr. Gyebi-Agyepong on passing his IM board exam!



PROGRAM HIGHLIGHTS

GRADUATE MEDICAL EDUCATION

The **FAMILY MEDICINE** Residency Program proudly hosted its *inaugural Virtual Open House* on September 26 and October 3, attracting a remarkable turnout of interested residency candidates. During this engaging forum, our residents took the lead in introducing the DHR Health Family Medicine residency program and addressing questions from enthusiastic applicants from around the globe.



FAMILY MEDICINE



Dr. Samuel Drah, PGY-1, recently completed his rotation in the Diagnostic Radiology Department, where he had the opportunity to collaborate closely with **DIAGNOSTIC RADIOLOGY** resident, **Dr. Carlos Orfanos, PGY-1**.

This rotation provided Dr. Drah with valuable exposure to the field of radiology, allowing him to engage in reading patient charts alongside radiology residents and faculty. The rotation was instrumental in broadening his medical knowledge and skills, emphasizing the importance of **interdisciplinary collaboration** in the healthcare setting. Such experiences are vital for fostering a comprehensive understanding of patient management and enhancing the quality of care provided to patients.

EMERGENCY MEDICINE

EMERGENCY MEDICINE resident, **Dr. Abdul Hakim, PGY-2**, enjoys time with *Program Coordinator, Alejandra's son, baby AJ!* Their bond is a testament to the supportive and familial atmosphere we cultivate within our residency programs. This moment reflects our belief that the relationships we build during residency are as crucial as the medical knowledge we acquire.

As residents continue to navigate the challenges of residency, let us remember the importance of community, support, and the joy that new friendships brings. *Moments like these remind us that we are not just colleagues; we are a family united in our mission to provide compassionate care while cherishing the personal connections that make our journey meaningful.*



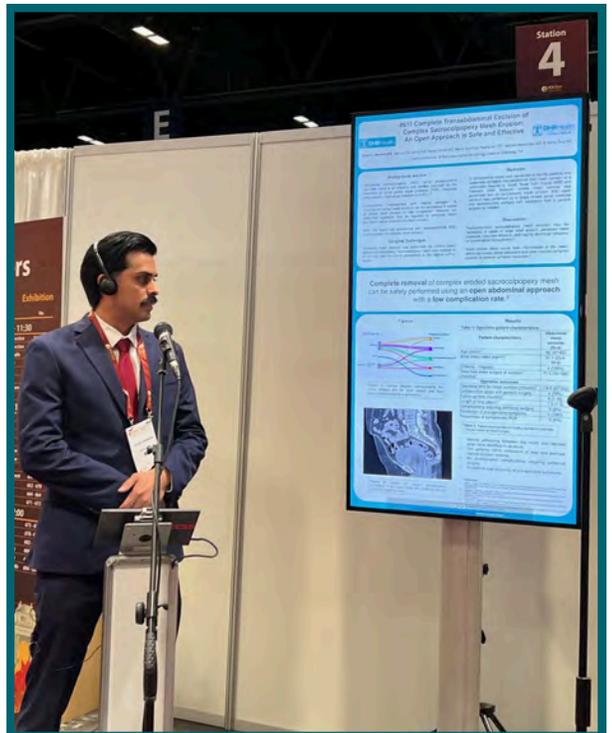
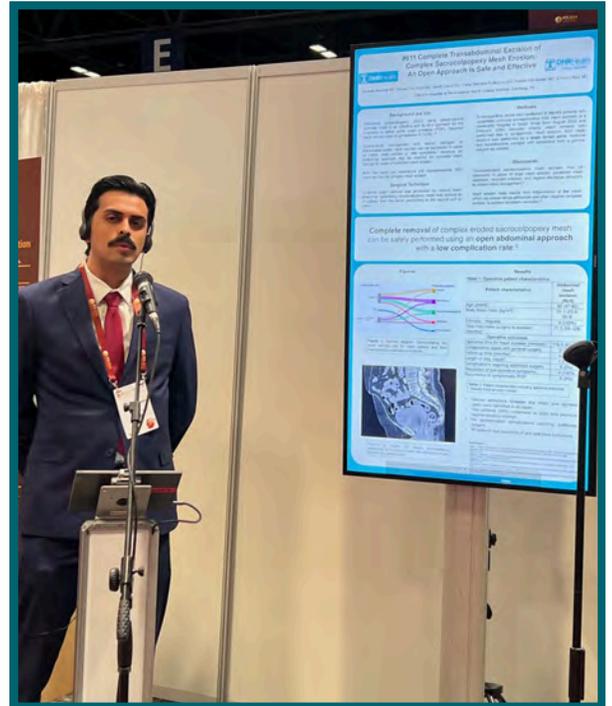
PROGRAM HIGHLIGHTS

GRADUATE MEDICAL EDUCATION

The **UROLOGY** residency program is thrilled to announce that **Dr. Octavio Herrera, PGY-4**, has presented at the prestigious **International Continence Society (ICS) conference in Madrid, Spain**. Dr. Herrera was selected to showcase his research through a poster presentation titled, **“Complete Transabdominal Excision of Complex Sacrocolpopexy Mesh Erosion: An Open Approach is Safe and Effective.”**

We extend a heartfelt congratulations to Dr. Herrera for representing DHR Health and the Urology Residency Program on the **international stage**! It is incredibly rewarding and inspiring to witness our residents thrive, supported by the unwavering support of our dedicated faculty and the GME office, as they showcase their hard work and commitment to excellence. *This achievement reflects the program's dedication to fostering a culture of research and academic growth, paving the way for future leaders in the field of Urology.*

UROLOGY



PROGRAM HIGHLIGHTS

GRADUATE MEDICAL EDUCATION

GENERAL SURGERY



The **GENERAL SURGERY** Residency program hosted their *first journal club of the academic year* at **The Patio on Guerra**, bringing together our residents and faculty for an evening of insightful discussion. Participants explored a range of articles covering diverse topics in surgery, fostering a collaborative environment for learning and critical analysis.

Moreover, the *journal club* serves as an invaluable opportunity for residents to enhance their presentation skills and gain confidence in discussing complex topics. It also reinforces the importance of staying abreast of the latest literature, which is crucial for their development as competent and informed surgeons.

The **GENERAL SURGERY** Residency program takes great pride in recognizing the achievements of our PGY-5 chief residents, **Dr. John Reilly** and **Dr. Peter Dixon**, who recently attended the prestigious **American College of Surgeons (ACS) Clinical Congress held in San Francisco, California**. This annual event is a cornerstone for surgical education, bringing together thousands of surgeons, residents, and medical professionals from around the globe to share knowledge, research, and advancements in surgical practice.

During the congress, **Dr. Reilly** and **Dr. Dixon** had the opportunity to attend a variety of sessions, including keynote lectures, panel discussions, and hands-on workshops. The exposure to cutting-edge information and practices is invaluable for their development as surgeons, allowing them to stay at the forefront of the field.



BARIATRICS



A Day in the Life of Dr. Maya Paige: Reflections on My First Quarter in the Bariatrics Fellowship

The first few months of a bariatric surgery fellowship have been a whirlwind of learning and adaptation. At the outset, I encountered a learning curve, as I transitioned from being a proficient surgeon to developing expertise in the specific skills required for bariatric surgery. The focus has been on mastering procedural techniques, such as *laparoscopic sleeve gastrectomy and Roux-en-Y gastric bypass*, under close supervision. Alongside the technical training, I have been introduced to the complexities of patient management in bariatrics, including preoperative assessments, postoperative care, and managing complications. These early months have demanded long hours, focused study, and intense hands-on practice.

Beyond technical proficiency, I have been introduced to the multidisciplinary nature of bariatric patient care. I have collaborated closely with *dietitians, psychologists, endocrinologists, and physical therapists* to create holistic, personalized treatment plans for each patient. This multidisciplinary approach is crucial, as obesity management extends beyond the operating room. I have learned the importance of understanding each patient's unique health journey and have been involved in discussions about patient selection criteria, behavioral counseling, and nutritional management—each an essential component of successful long-term outcomes. *These Interprofessional interactions have offered a unique perspective on how to address the complexities of obesity from a comprehensive standpoint.*

The intense clinical exposure in the initial months have pushed me to *build resilience and adaptability*. Each case presents new learning opportunities, especially when I encounter unexpected surgical challenges and must address complications under pressure. *The fast-paced environment has fostered growth in both technical skill and clinical judgment, with each day bringing new levels of responsibility.* Over the last few months, I have experienced a noticeable boost in autonomy and my comfort level when performing bariatric surgery, which is setting a solid foundation for the rest of my fellowship journey. **Thank you for the support of Program Director Dr. Manish Singh, Associate Program Director Dr. Ambrosio Hernandez, and all the Bariatric Faculty for your support and commitment.**

Dr. Maya Paige

FELLOWSHIP HIGHLIGHTS

GRADUATE MEDICAL EDUCATION

SURGICAL CRITICAL CARE



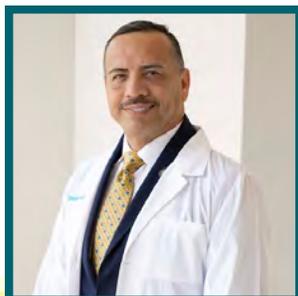
SCC Fellow, **Dr. Gabriel Toma**, took part in his first *journal club* of the academic year, presenting on the topic of “**Early Enteral Nutrition in Critically Ill Patients.**” This engaging session fostered valuable *interdisciplinary collaboration* among the **General Surgery** and **Surgical Critical Care** teams.

We extend our heartfelt gratitude to our dedicated faculty, especially **Dr. Edwards**, who *continually prioritizes the well-being of our residents and fellows.* Thanks to his efforts, our fellow enjoyed a much-needed wellness retreat at **South Padre Island**, where **Dr. Toma** enjoyed his day with a relaxing fishing trip.



Dr. Toma collaborates with **Diagnostic Radiology resident Dr. Noel Garza, PGY-1**, during his **Surgical Critical Care rotation**, exemplifying the spirit of interdisciplinary teamwork in patient care. Together, they enhance their skills and knowledge to provide the best outcomes for their patients.

Alumni Spotlight



Congratulations to **Dr. Ambrosio Hernandez** who successfully passed his **Surgical Critical Care board exams**, earning the distinction of being a *four-time board-certified physician!* This remarkable achievement not only reflects his dedication and hard work but also serves as an inspiring testament to the power of education and determination. Dr. Hernandez's commitment to excellence sets a high standard for our Surgical Critical Care fellowship. We are incredibly proud of his accomplishments and grateful to have such an inspiring leader among our future fellows.

Congratulations, Dr. Hernandez, on this well-deserved milestone!

SimSaturday POCUS Training led by Dr. Carlos Paris, Internal Medicine Core Faculty



DHR Health GME residents collaborated and engaged during the **October SimSaturday** focused on *Point of Care Ultrasound (POCUS)*, led by esteemed Internal Medicine core faculty, **Dr. Carlos Paris**. Residents actively participated in hands-on learning sessions, enhancing their skills in ultrasound techniques. The images showcase collaborative interactions, practical demonstrations, and the commitment of both faculty and residents to advancing their medical training. This training highlighted the importance of POCUS in clinical practice and the dedication of the internal medicine department to providing comprehensive educational experiences.

DIO
FEEDBACK



Fiesta De Palmas Beer Around the World!

The recent **Fiesta De Palmas Beer Around The World** event at the McAllen Performing Arts Center lawn was a resounding success, bringing together GME residents and faculty for a memorable evening of camaraderie and community support. Attendees enjoyed a delightful selection of beers from around the globe, paired with delicious food and lively music, creating an atmosphere of celebration and connection.

*This event not only provided a fantastic opportunity for GME residents, friends, and family to gather and unwind, but it also played a crucial role in raising funds for the **HOPE Clinic**. The contributions from this gathering will directly support the clinic's mission to provide essential medical care to the uninsured members of our community. Together, we celebrated not only the rich diversity of flavors and sounds but also our shared commitment to making a positive impact in the lives of others. Thank you to everyone who attended and contributed to this worthy cause!*





National NRMP 2024 Transition to Residency Conference

Dr. Martin (DHR Health GME DIO), Dr. Dentino (DHR Health CAO), and Dr. Barney share their insights on *“Transforming Trainees' Experience Through Simple Electronic Communication Tools in Academic Medicine”* at the *National NRMP 2024 Transition to Residency Conference* in Louisville, Kentucky. The oral presentation focused on the innovative use of electronic communication tools to enhance the experiences of medical trainees. Their presentation emphasized the importance of effective communication in academic medicine, particularly during the completion of residency, a critical phase in a physician's career.



DHR Health welcomed *Dr. Jonathan A. McCullers, Vice President for Health Affairs and Dean of the Tilman J. Fertitta Family College of Medicine at the University of Houston*, for a visit to our hospital system. We are excited to host medical students who will be rotating for their elective rotations at DHR Health. Dr. McCullers' presence was greatly appreciated, and we enjoyed a productive breakfast with our GME Program Directors, meeting with DHR Health administrators, including our CEO, Dr. Singh and touring DHR Health. This collaboration underscores our commitment to fostering educational opportunities and advancing healthcare excellence in our community.



2024 BRA Day Breast Reconstructive Awareness Fashion Show & Gala



BRA Day, or Breast Reconstruction Awareness Day, is an initiative that aims to educate and empower individuals about breast reconstruction options following mastectomy or lumpectomy. In 2024, the DHR Health event featured a Fashion Show & Gala, celebrating survivors and raising awareness about the importance of breast reconstruction.

*A huge shoutout to Andy Pizana, our IT Tech Support superhero, for assisting with In-Training Exams!
You rock!*



INSTITUTION HIGHLIGHTS

GRADUATE MEDICAL EDUCATION

Welcome UH COM Medical Students to DHR Health GME!



ABOUT US

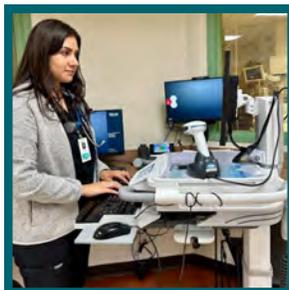
University of Houston College of Medicine 4th-year students, **Iliana Oberkircher** and **Elliot Flint**, are immersing themselves in their *elective rotations at DHR Health*. They had the wonderful opportunity to connect with **Dean McCuller** during his recent visit to DHR Health, gaining valuable insights for their future in medicine! *The University of Houston has welcomed Dr. Jonathan McCullers as its new Vice President of Health Affairs and the second dean of the Tilman J. Fertitta Family College of Medicine.*



Iliana Oberkircher, originally from Donna, TX, earned her undergraduate and graduate degrees from the University of Texas at San Antonio and is specializing in Emergency Medicine. A former public school science teacher, she has experience in neuroimaging research and non-profit management. As a national leader of the Latino Medical Student Association, she is dedicated to improving Latino access to care and representation in medicine. In her free time, she enjoys traveling, trying new restaurants, and spending time with family, friends, and her six dogs.



Elliot Flint is applying for a residency in Emergency Medicine, with a keen interest in social emergency medicine and global health. Growing up in the charming small town of Texarkana, nestled on the border of Texas and Arkansas, has shaped his perspective and passion for community health. In his free time, Elliot enjoys cooking and traveling, which fuels his love for diverse cultures and cuisines. He values staying active and is excited about the new experiences and vibrant scenery that the Rio Grande Valley has to offer.



Carolina Venturi, a Brownsville native, is thrilled to join the DHR EM team and serve the valley community. She earned a Bachelor of Science in Psychology with a minor in Chemistry from UTRGV in 2017. Before medical school, she worked as a medical scribe at Brownsville Kiddie Health Center and pursued a Master's in Public Health at UTHealth Science Center in Houston. Currently, she is in her fourth year of medical school at the University of Houston and has applied for pediatric residency.

Upcoming GME Grand Rounds



Graduate Medical Education Grand Rounds

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

November 2024



Well-Being:
Living Donor, A Patient's Perspective

November 6, 2024

Marcela Miranda, RN
Medical Surgical Nurse, DHR Health



Research
Crafting a Manuscript: A Guide for Medical Residents

November 13, 2024

Dr. Monica M Betancourt
Scientific Director, Trauma Research Biobank Director



QI/PS
ADA Compliance and Interpretive Services

November 20, 2024

Elizabeth Munoz, ADA Compliance
DHR Health



Happy Thanksgiving Day

November 27, 2024

GME Grand Rounds
will resume next week



GME Announcement Board

Upcoming Events



VOLUNTEERS NEEDED

Ms. Sherri Abendroth is inviting residents to volunteer for the Medical Tent at the **McAllen Holiday Parade on Saturday, December 7, 2024, from 3 PM to 9 PM**. This is a wonderful opportunity to contribute to our community during this festive event! Volunteers are welcome to take shifts, allowing for flexibility if you are unable to stay for the entire duration. Your support would be greatly appreciated!

[sign up here!](#)





JOIN US TO GIVE
Thanks
AROUND THE
WORLD

NOV 20  6:30PM

The Village at Renaissance
1000 E. Dove Ave.
McAllen, TX 78504

RSVP with Monica Gonzalez
956-551-1661





DHRHealth

Graduate Medical
Education

FOLEY CATHETER TRAINING



**Hosted by the Urology
Residency Program**

Thursday, November 14, 2024
6 PM
GME Lecture Hall

Followed by Resident Forum
Dinner will be provided.

RSVP

