

UNIVERSITY OF COLORADO

INTERNAL MEDICINE RESIDENCY PROGRAM

FACT SHEET 2024-2025

OUR MISSION

To cultivate the next generation of expert clinicians – leaders who will provide outstanding patient care while transforming healthcare through biomedical discovery, educational innovation, optimization of health systems, and advocacy on behalf of those we serve.

PROGRAM STRUCTURE

COLLECTIVELY ~ 172 INTERNS AND RESIDENTS

Categorical Training Program

- NRMP #1076140C0
- 32 Positions per year

Primary Care Training Program

- NRMP #1076140M0
- 9 Positions per year

Hospitalist Training Program

- NRMP #1076140C1
- 6 Positions per year

Physician Scientist Training Program (PSTP)

- NRMP #1076140C2
- 3 Positions per year

Preliminary Year

- NRMP #1076140P0
- 3 Positions per year

CLINICAL TRAINING SITES

University of Colorado Hospital Anschutz Medical Campus (UCH)

UCH is a state-of-the-art, large interdisciplinary and multispecialty academic health center and research facility that opened in 2004. This quaternary-care hospital provides care to patients throughout Colorado and has a large referral base including seven surrounding states. Directly adjacent to the medical campus lies the Colorado Science and Technology Park at Fitzsimons, a biotechnology haven complete with cutting-edge research facilities. The hospital serves the basic health care needs of the local community as well as provides advanced care services to the Rocky Mountain region of the country.

Denver Health Medical Center (DHMC)

Denver Health is a Level-One Trauma Center, providing integrated primary and acute care to 25% of the residents of Denver, Colorado. Denver Health is a nationally renowned model for “safety net” hospital systems with its unique integration of inpatient, urgent care, and



outpatient facilities serving all, regardless of their ability to pay. The Denver Health care system consists of a main hospital and multiple outlying community clinics. The patient population is very diverse, with a spectrum of indigent to fully insured patients. Additionally, there is a large Spanish-speaking population with primarily Spanish language clinics available.

Rocky Mountain Regional VA Medical Center (RMR VAMC)

The RMR VAMC is a brand new, state-of-the-art VA facility which opened in August 2018 on the Anschutz campus alongside the University of Colorado Hospital. RMR VAMC is a premier Level 1A referral hospital within the VA system, serving veterans from Colorado and several surrounding states. The RMR VAMC provides innovative, high-quality care for our increasing Veteran population and the medical center was developed through green design to help protect the environment while providing excellent care.

PRACTICE PATTERNS AFTER GRADUATION

55% Fellowship Practice **20%** Primary Care **20%** Hospitalist **5%** Other/Private

TRAINING PROGRAMS

Categorical: the foundation of the residency and of the Department of Medicine emphasizing outstanding, individualized clinical training in diverse care settings with graduated autonomy

Primary Care: one of the preeminent training programs for residents wishing to focus on the total care of the patient with a diversity of experiences and unique training environments

Hospitalist: the very first hospitalist training program in the country, takes a novel approach to preparing residents for a future as a hospitalist or hospital-based specialist

PSTP: a Physician-Scientist training pathway with specialized curriculum geared towards physician scientists where graduates have the option to “short-track” to fellowship in two years

A MATRIX OF OPTIONS: PATHWAYS

In addition to our four training tracks, each resident also selects one of our five career pathways at the start of their second year.

Global Health Pathway: positions residents to learn the inner working of health care and health care delivery outside the US, including a robust 2-year curriculum and the opportunity to travel as part of the program

Health Equity, Advocacy and Policy Pathway: positions graduates to improve health equity through advocacy, recognition and adoption of community resources/partnerships

Medical Education Pathway: prepares graduates for success in a career in medical education with specialized training in advanced physical diagnosis, teaching at the bedside, curricular development and more

Medical Leaders Pathway: aims to produce leaders who are at the forefront of national and international efforts to transform health care delivery and medical science by directing programs dedicated to scientific discovery, health equity, access, quality, safety, and improving the value of health care

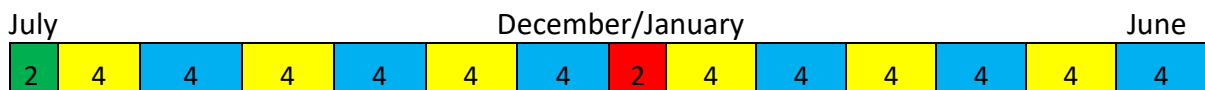
Research & Innovation Pathway: includes a longitudinal didactic series focusing on key skills such as writing research abstracts and grant applications, also includes fellowship preparation and career mentorship

CLINICAL TRAINING FOR 2023-2024

4+4 SCHEDULE:

Our residency runs on a “4+4” block schedule. Interns and residents alternate between 4 weeks of continuity clinic and ambulatory-based education/elective time with 4 weeks of an inpatient-based, traditional admitting rotation. This schedule allows for a balanced education of both inpatient and ambulatory experiences. During clinic blocks, residents have protected and dedicated time for our innovative longitudinal curriculum delivered on Wednesday mornings, research and scholarly activity, a dedicated ambulatory curriculum, longitudinal subspecialty experiences, quality improvement projects and one half-day per week for personal time to promote wellness.

Year Overview



- 2 week Basecamp: Clinical immersion with hands-on training to promote clinical readiness
- 4 week 6 Ambulatory-Based Rotations
- 4 week 6 Inpatient-Based Rotations
- 2 week Holiday Break: Allows all residents to take one week of vacation over the winter holiday



FIRST YEAR ROTATIONS

Inpatient-Based: UCH Wards, DH Wards, VA Wards, ICU (Denver Health or University), Cardiology, Acute Care of the Elderly, Heart Failure, or Hepatology

Ambulatory-Based: Three clinic blocks, one outpatient-based rotation at the VA and two electives

SECOND YEAR ROTATIONS:

Inpatient-Based: VA Wards, DH Wards, UCH Wards, UCH ICU, Cardiology, VA Swing and Nights

Ambulatory-Based: Three clinic blocks, ED or geriatrics, two electives

THIRD YEAR ROTATIONS:

Inpatient-Based: DH Wards, DH ICU, VA ambulatory rotation, VA inpatient consults or UCH Wards, and all residents spend time on the following clinical services: Heme/Onc, Addiction Medicine, Neurology, Palliative Care

Ambulatory-Based: Three clinic blocks, ED or geriatrics, two electives

Primary Care Residents do fewer inpatient rotations than Categorical Residents and HTT residents.

AN INNOVATIVE CURRICULUM WITHIN SPECIALIZED DIDACTIC SESSIONS

One half day of protected education time is held every Wednesday morning during all ambulatory blocks. This allows for our interactive lecture series focusing on core internal medicine content as well as allied subspecialty topics. These educational half-days include an intern-only curriculum focusing on common ambulatory conditions, evidence-based medicine, health disparities, professionalism and wellness during the first year of training.

INTERNATIONAL EXPERIENCES

- Colorado-Zimbabwe International Exchange Program
- Guatemala Global Health Elective

**Availability subject to change*

RESEARCH AT COLORADO

The DOM is a national leader in biomedical research, consistently among the top 25 departments of medicine nationwide in NIH research funding, outpacing the growth of NIH support two-to-one over the past five years.

Research mentorship is readily available and all University of Colorado residents participate in some form of research or scholarship during their three years with many presenting at national conferences or publishing their work in leading journals.

MENTORSHIP

- Individualized Coaching: Each resident is assigned a non-evaluative faculty coach
- Each resident is assigned an Associate Program Director mentor
- Physician Coaching Program available to all residents with individualized coaching offered to any resident that identifies as potentially needing additional support
- All residents are part of a mentorship team with interns, residents, APDs, faculty that gathers regularly
- Specific faculty mentoring tailored to career goals (i.e. research, educational scholarship, etc.)
- Active mentoring from our very involved Chief Medical Residents

PROGRAM STRENGTHS

Collegiality: We collaborate at work and enjoy life together outside of the hospital

Autonomy: Trainees are supported to develop into excellent clinicians in the areas of medicine they feel passionate about

Diversity of Training Opportunities: Given our diversity of training sites, experiences, and patient populations our graduates are prepared for any and all career choices

Diversity, Equity and Inclusion: One of our top priorities to ensure and enhance efforts that support diversity, equity and inclusion in all aspects of our training program

OUR GOALS? WE ARE ALL ABOUT YOU!

To make possible the residency training that is best suited to your future plans and your future patients	To mentor you in identifying electives and research projects that promote your learning and career advancement
To provide opportunities to learn about teaching, participate in medical leadership, and foster your commitment to those in need	To equip you with the tools of life-long learning so that your informal training is truly unending



PROGRAM LEADERSHIP

Julia Limes, MD: Program Director

Katie Suddarth, MD: Senior Associate

Program Director

Yasmin Sacro, MD: Program Director,

Primary Care

Joe Burke, MD: Associate Program Director

Hoda Farajpour Bakhtiari MD: Assistant Program

Director, IMRP Diversity Equity Inclusion

Danny Gergen, MD: Assistant Program Director

Christine Haynes, MD: Assistant Program

Director, Primary Care

Daniel Heppe, MD: Associate Program Director

Andi Hudler, MD: Associate Program Director

Emily Gottenborg, MD: Assistant Program

Director, Co-Director Hospitalist Training Program

Josh Smith, MD: Associate Program Director

Karen Stenehjem, MD: Associate Program Director

Manny Urra, MD: Assistant Program Director

Samuel Porter, MD: Director, Medical Leaders Program

Caitlin Dietsche, MD, Director, Medical Educator Pathway

Erin Bredenberg, MD, Jia Liu, MD: Co-Directors, Health Equity Pathway

Hanna Reem, MD: Director, Global Health Pathway

Lisa Davis, MD: Director, Research Pathway

CHIEF MEDICAL RESIDENTS

Oliver Bawmann, MD

Nicholas Bianchina, MD

Natalie deQuillfeldt, MD

Cristina Fischer, MD

Ally Fuher, MD

Kira Grush, MD

Andrew Pham, MD

IF YOU HAVE ANY QUESTIONS, PLEASE CONTACT US! WE WANT TO HEAR FROM YOU!

Website: <https://medschool.cuanschutz.edu/medicine/education/internal-medicine-residency-training-program>