

JANUARY 2025

# ACADEMIC INSIDER



**DHRHealth**  
Graduate Medical  
Education

## INSIDE:

- RESIDENCY PROGRAM HIGHLIGHTS
- FELLOWSHIP PROGRAM HIGHLIGHTS
- INSTITUTION HIGHLIGHTS
- GRAND ROUNDS
- GME EVENTS
- RESOURCES



**DHRHealth**

## UNDER THE DIRECTION OF



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

## Congratulations to Urology on publishing!



We are pleased to begin 2025 by celebrating a remarkable achievement by our **Urology** residents, who are proud to announce the publication of their first book, ***When the Lights Are On But No One's Home***. This project is the result of months of collaboration, hard work, and commitment. The residents have ***curated a detailed pocket guide, containing key urological insights***, to serve as a practical reference for future DHR Health urology interns. The team is excited to see their collective effort come to completion, with **Dr. Afari** being the first to receive a copy of the completed work.

# PROGRAM HIGHLIGHTS

GRADUATE MEDICAL EDUCATION

## DIAGNOSTIC RADIOLOGY



A much needed break from the grind! Our **DIAGNOSTIC RADIOLOGY** residents enjoyed a fun-filled wellness day with their Program Director and faculty at Kickin' Axes. From throwing axes (with a few questionable throws) to some friendly dart competition, they embraced the chance to unwind, bond, and let loose outside the hospital walls. Laughter, friendly rivalry, and some great conversations made for a memorable evening- proving that even in residency, *it's important to take time for yourself and build connections with the incredible people you work with every day.*

Our **EMERGENCY MEDICINE** residents had an absolutely fantastic time at Main Event during our much-anticipated Wellness Day! The evening was filled with an exciting mix of activities and laughter, creating memories that will last. From the thrilling rounds of bowling to the mouth-watering dinner that everyone enjoyed together, the event truly offered something for everyone. The fun continued as residents teamed up for an action-packed round of laser tag with our program directors, adding a friendly competitive edge to the evening. It was a wonderful opportunity for all to unwind, enjoy each other's company, and foster deeper connections while having a blast. The atmosphere was vibrant, and the energy was contagious, making it an unforgettable experience for all involved. Wellness Day was a perfect blend of relaxation, bonding, and fun!

## EMERGENCY MEDICINE



# PROGRAM HIGHLIGHTS

GRADUATE MEDICAL EDUCATION

## FAMILY MEDICINE

A huge congratulations to **Dr. Rincon**, a **FAMILY MEDICINE** resident (PGY-2), for his remarkable achievement in *collaboration with Drs. Roa, Roman, Pantoja, and EM PD Dr. Dominici!* Their case report, titled *"Autoimmune Thyroiditis Unveiled: A Case Report of Managing Virally Induced Symptoms in the Emergency Department,"* was published in *Cureus* on January 8, 2025. This publication is a testament to their hard work, dedication, and teamwork in exploring the complexities of autoimmune thyroiditis and its management in an emergency setting. Their insightful research provides valuable contributions to the field of medicine and demonstrates their commitment to advancing patient care. This accomplishment is *truly a reflection of their passion for learning and enhancing medical knowledge*, and we couldn't be prouder of their success!



## GENERAL SURGERY

The **GENERAL SURGERY** residents tackled the **ABSITE exam on January 24, 2025**, after months of dedicated preparation. We wish them success as they demonstrate their knowledge and skills, eagerly anticipating their ITE scores in the coming days.

**Dr. Jeffrey Skubic**, Program Director for the **Surgical Critical Care Fellowship and General Surgery core faculty member**, shared his expertise on the complex topic of Vascular Trauma at Monday morning's Grand Rounds for the General Surgery Residency Program. His presentation provided invaluable insights into the challenges and advancements in the management of vascular injuries, offering residents a deeper understanding of this critical area in trauma surgery. We are grateful for his dedication to teaching and passion for advancing surgical knowledge.



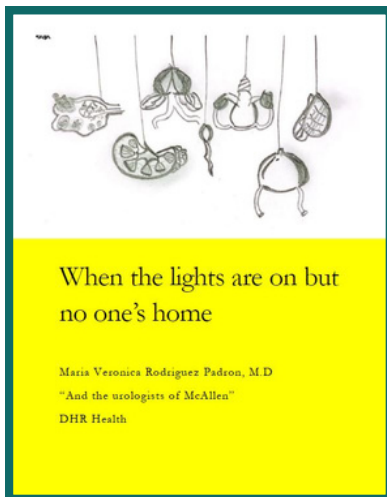
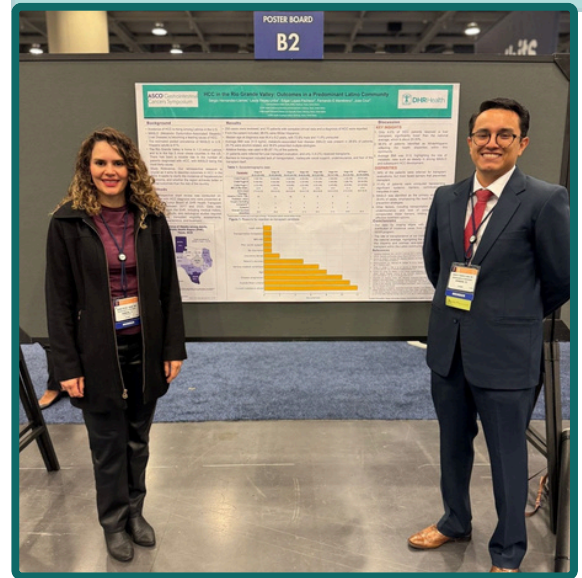
# PROGRAM HIGHLIGHTS

GRADUATE MEDICAL EDUCATION

A huge congratulations to **INTERNAL MEDICINE** residents, **Dr. Laura Reyes Uribe and Dr. Sergio Hernandez Llamas** for their outstanding achievement in *attending and presenting at the prestigious ASCO Gastrointestinal Cancers Symposium!*

Their impactful research, showcased through their poster titled **"HCC in the Rio Grande Valley: Outcomes in a Predominant Latino Community,"** highlights significant findings and contributions to the understanding of **hepatocellular carcinoma (HCC) in this unique community.** Their hard work, dedication, and commitment to advancing cancer research are truly inspiring, and we are incredibly proud of their accomplishment in bringing awareness to this important topic!

## INTERNAL MEDICINE



Starting off the 2025 year with a big accomplishment, our **UROLOGY** residents are proud to announce the publication of their first edition book called, ***When the lights are on but no one's home.*** This project represents the culmination of months of hard work, collaboration, and dedication. Together, the residents **curated a comprehensive pocket guide filled with essential Urological knowledge,** designed to serve as a practical resource for future **DHR Health** urology interns. The team is incredibly proud to see their vision come to life and **Dr. Afari** had the honor of being the first to receive a copy.

Additionally, our **Program Director, Dr. Gaudencio Olgin,** had the incredible privilege of **delivering an insightful and engaging lecture to our Family Medicine Residents.** This collaborative experience was a truly special one, as it not only allowed **Dr. Olgin to share his expertise with a new audience, but also gave our Urology residents the opportunity to show their full support for their mentor and director.** As his biggest fans, they were thrilled to stand by his side, learning from him while also contributing to the positive energy of the session. This event **highlighted the strong sense of community within our program and the dedication to fostering cross-specialty learning and growth.**

## UROLOGY



# FELLOWSHIP HIGHLIGHTS

GRADUATE MEDICAL EDUCATION

The DHR Health **BARIATRIC FELLOWSHIP** Program has added a new Gastroenterology endoscopy elective rotation beginning third quarter. A Gastroenterology rotation for a Bariatric Fellow will provide invaluable skills that *will enhance both the diagnostic and therapeutic capabilities*. Therefore, allowing early identification and minimally invasive management of post-surgical complications such as anastomotic strictures, leaks, marginal ulcers, and bleeding, reducing the need for re-operations.

Additionally, *proficiency in therapeutic endoscopic procedures, including balloon dilation, stent placement, and endoscopic revision techniques, will expand the scope of practice beyond traditional surgery*. This exposure also improves the fellow's ability to evaluate preoperative patients for conditions such as GERD, Barrett's esophagus, and H. pylori infection, ensuring comprehensive patient care. With the growing role of endoluminal therapies in obesity management, an endoscopy rotation equips bariatric surgeons with cutting-edge techniques that improve patient outcomes and broaden career opportunities. The Bariatric Fellow will follow Dr. Carlos Cardenas for his clinic and procedure schedule.

## BARIATRICS



The **SURGICAL CRITICAL CARE FELLOWSHIP** is thrilled to announce that they have received **ACGME continued accreditation** marking a historic milestone as the *first program to achieve this honor*. This remarkable accomplishment is a testament to the unwavering dedication, hard work, and collaboration of our exceptional Faculty, Fellows, and GME Leaders. Their collective commitment to excellence in education, patient care, and innovation has made this achievement possible, and we are deeply grateful for their support. We look forward to continuing to grow and advance, setting new standards in the field and shaping the future of critical care.

**Dr. Gabriel Toma** had the incredible opportunity to *join Dr. Andrew Philips* in experiencing firsthand the dedication and tireless efforts of *our team of physicians and EMS professionals as they provide exceptional care for ECMO patients*. This immersive experience gave a deeper understanding of the critical work being done to support these patients, highlighting the commitment and skill required at every step of the process. Dr. Toma is very thankful for his fellowship training that has provided such diverse experiences.

## SURGICAL CRITICAL CARE



## Resident Forum– Smart Sippin’



**DHRHealth**  
Graduate Medical Education

THE BLENDERS BEING USED FOR RESIDENT FORUM WILL BE RAFFLED OFF AT THE END OF THE EVENT!  
MUST BE PRESENT TO WIN

**SMART Sippin'**

Resident Forum Hosted by the Internal Medicine Residency Program

Thursday, January 16, 2025  
6:00 PM  
GME Lecture Hall  
Dinner will be provided.

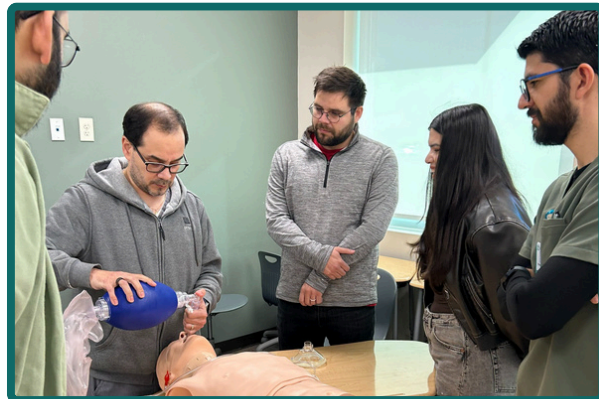
RSVP

In an effort to promote healthy living and engagement, the **Internal Medicine program** hosted and organized a **"Smart Sippin' Event"** for residents. This lively and interactive activity provided an opportunity for residents to discover new, wholesome smoothie recipes packed with nutritious ingredients. Working together in teams, residents were able to experiment with flavors, all while learning the benefits of incorporating healthier options into their daily routines. The event concluded with a friendly competition, where the winning teams earned a premium blender as their prize, leaving participants inspired to continue making healthier choices at home.



## SIM Saturday Lab

The **SIM Saturday Lab**, hosted by **Emergency Medicine** directors **Dr. Dominici** and **Dr. Akala**, provided an incredible hands-on learning experience for residents. During the session, the residents had the unique opportunity to learn and practice the critical skill of intubation. With the expert guidance of Dr. Dominici and Dr. Akala, the lab emphasized practical techniques and real-time feedback, helping the residents build both confidence and proficiency in this life-saving procedure. The interactive environment, combined with the wealth of knowledge shared by the instructors, made it an invaluable educational experience, reinforcing the importance of teamwork and precision in emergency medical settings.



# GME GRAND ROUNDS

GRADUATE MEDICAL EDUCATION



Graduate Medical Education Grand Rounds

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

## February 2025



### Public Health

February 5, 2025

Introduction Texas DSHS Office of Border Public Health

**Dr. Alberto Perez**

*PHR11 Border Public Health Manager*



Faculty Development - Competency-based medical education (CBME) for undergraduate medical education (UME)

February 5, 2025

*Terence P Ma, PhD, MBA*

*Associate Dean for Assessment and Quality Improvement*

*Tilman J Fertitta Family College of Medicine*



### Pioneers in Medicine

February 10, 2025

Patient Migration / Bariatric Surgery down the border

**Adolfo Leyva, MD**

*Bariatric Surgery*



### QI/PS

February 12, 2025

Post-ICU syndrome and outpatient ECMO

**Andrew Phillips, MD, MEd, FAAEM**

*Chief for Quality, DHR Health*



### QI/PS

February 19, 2025

Health disparities and healthcare disparities

**Lauren M Trifunovich**

*Health Equity Officer, DHR Health*



### Practice Management The Practice of Medicine

February 26, 2025

**Teri Deabler, CMPE, COE**

*Texas Medical Association*



January was Mental Wellness Month, and we at GME CARES wanted to offer you a few strategies to support your mental health as you continue to navigate your personal and professional life while in residency, fellowship, and beyond.

## 5 TIPS FOR Taking Care of Your Mental Health

Practice  
Mindfulness

Take daily moments for mindfulness, like meditation, to find inner calm.

Stay  
Active

Do regular exercise, as it can boost your mood and reduce stress.

Get Enough  
Sleep

Prioritize quality sleep with a healthy bedtime routine.

Practice  
Gratitude

Cultivate a positive mindset by counting your blessings daily.

Seek Support  
When Needed

Reach out to family, friends or mental health professionals when necessary.



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/Oc318ea9-5439-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](tel: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](mailto:EmployeeHealth@dhr-rgv.com)



## 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](tel:956-362-2379)  
Email: [l.calles@dhr-rgv.com](mailto:l.calles@dhr-rgv.com)