DEAR DEM STAFF, ALUMNI, & FRIENDS:

A Happy Belated New Year in 2016! My apologies for a late end of year (or more accurately beginning of new year) newsletter, but as always, things have been tremendously busy for the UCSD Department of Emergency Medicine.

We’ve had an exciting 2015 – UCSD is now staffing a 3rd Emergency Department and now includes El Centro Regional Medical Center, we started a new EM/Critical Care fellowship program, and as usual we’ve been able to recruit another stellar class of residents and fellows for our sought-after training programs. Our faculty continue to receive national renown with Jim Dunford receiving this year’s ACEP national EMS award. And, of course, we held our 25th residency program anniversary with over 150 of you attending to celebrate.

Ted Chan, MD
Professor and Chair

ECRMC ED

In August, as part of a long-term partnership between UCSD and El Centro Regional Medical Center, our Department has assumed management and directorship of this very busy ED in the Imperial Valley. ECRMC is a federally designated critical access hospital with over 50,000 patient visits a year to the ED, ECRMC also adds a terrific rural and critical access hospital experience for our residents who now rotate in the ED on site.

“Partnering with UC San Diego Health, the region’s top-ranked health system, will give us the opportunity to implement strategies that will improve wait times and best practices in our emergency room,” said Tomas Virgen, interim CEO, ECRMC. “Utilizing the talent of UC San Diego staff will result in a more comprehensive approach, faster diagnoses and more treatment options for our patients, as well as strengthen the ties within the entire community we serve.”

“This collaboration will allow El Centro to become part of our mission to deliver outstanding patient care though commitment to the community, groundbreaking research and inspired teaching,” said Patty Maysent, interim CEO, UC San Diego Health. “Not only will the partnership provide superior health outcomes to patients in the Imperial Valley, it will give clinical team members at ECRMC access to joint projects and educational opportunities that are cross beneficial, elevating the standard of physicians in the field of emergency medicine.”

Other services provided by UC San Diego Health staff will be advising in the development of departmental operations, assisting in the design of patient record entities and overseeing rapid response teams during disasters.
UCSD ranked #4 in the World for Best Universities for Pharmacy and Toxicology!
The UCSD Division of Medical Toxicology and Medical Toxicology Fellowship program are involved in clinical care of poisoned and envenomated patients at 5 medical centers in San Diego and conduct research in many areas in the field of toxicology. This is the largest clinical care, training and research program in Medical Toxicology West of the Rocky Mountains. Together with researchers and clinicians at the UCSD School of Medicine, our Pharmacology and Toxicology programs have been ranked as the 4th “Best Global University” in these areas by US News and World Report. Visit our Toxicology Division page here or to learn more about the “Best Global Universities” rankings, click here.

UCSD EM Doc’s Mike Wilson, Steven Hayden, and Kama Guluma have conceived, developed and edited a new textbook: Doing Research in Emergency and Acute Care: Making Order Out of Chaos
To learn more about this new textbook, click here.

Congratulations to Dr. Jim Dunford for receiving the ACEP EMS Award for Outstanding Contributions to Emergency Medicine.
James Dunford, MD, Professor Emeritus in the Department of Emergency Medicine at UC San Diego Health and medical director (EMS) for the city of San Diego, recently received the American College of Emergency Physicians’ EMS Award for his outstanding contributions to emergency medicine. This recognition is the highest of its kind in the field and is given to an individual who has demonstrated significant success in the development, promotion or education of EMS on a state or national level. Dunford has been a long-time champion of innovation and research in emergency medicine. Among his accomplishments: identifying the essential role of oxygen and carbon dioxide monitoring during initial airway management of critically ill and injured patients; creation of San Diego’s regional heart attack and stroke systems; and formation of San Diego Project Heart Beat, the nation’s most successful public access to defibrillation program, which has saved 130 lives and distributed more than 8000 automated external defibrillators. To learn more, click here.

Emergency Medicine Resident Ashley Alker writes reflective article "Facing Death and Our Dying Wishes" in the San Diego Union Tribune.
To read article, click here.
Ashely grew up in Scripps Ranch and attended college at UCSB, where she starred on the nationally-ranked water polo team and double majored in Molecular Cellular Biology and French. She co-founded Global Medical Brigades as an undergrad to bring medical care to Central America. She obtained a graduate degree in Environmental Health at Harvard and the Cyprus International Institute, after which she attended medical school at George Washington University. In her spare time, Ashley loves to get out in the water, to bake and looks forward to an unlimited supply of Guittard chocolate (see Guittard, Jesse) with which to perfect her famous Chocolate Lava cake for overnight shifts.

Jesse was born and raised in the Bay Area, but moved south for college attending UCSD and majoring in History. He took the traditional path to medical school, obtaining his MBA at Stanford and working on global supply chain services for various food and agriculture industries (he lists “Operations & Logistics” under his Hobbies & Interests—seriously), before going on to attend medical school at Tulane. In his free time, Jesse enjoys surfing, backpacking, bird watching, ceramics, and handing out chocolate bars with golden tickets from his family’s renowned chocolate factory (Guittard Chocolate Co, est. 1868).

Heather joins us from Washington DC after attending Princeton as an undergrad, majoring in English, followed by medical school at Georgetown. While at the latter, she also obtained a graduate degree in “Peace and Security studies” which seems very good preparation for our Hillcrest ED. Of note, Heather produced a documentary film about youth in postwar Kosovo, titled “A Normal Life” that won Best Documentary Feature at the Tribeca Film Festival. Heather is fluent in French and German, and enjoys travel, good food (looking forward to Ashley’s baked goods), and spending time with her 4 year-old daughter, Ruthie Dagmar.

Matt grew up in Palo Alto but went East for college attending Williams College where he played varsity soccer and later was on a league team that made the semi-finals of the 2012 Men’s National Amateur Cup (attention Colleen Campbell). He then went on to work as a researcher at Novartis and became an EMT before attending medical school at Boston University. As an econ major, Matt has volunteered to advise his fellow residents on financial planning including the pros and cons of 403Bs and 401Ks, as well as explain to junior faculty the rather convoluted and impenetrable UC retirement system. He lists as one of his hobbies digital photography, and has been named an Instagram “Suggested User” so be careful whenever he claims to be “just taking a selfie”.
Born in Connecticut, Peter is a true New England blue blood having attended college at Boston University (cum laude) and medical school at Tufts. In between, he worked in the construction and scaffolding business sector in the Northeast honing his “Bahhhston” dialect. We obviously were very pleased to see Pete move across country for his residency training, despite a wicked near-death experience with a Tiger on a recent outing overseas. In his free time, Pete enjoys cooking (working on Indian cuisine these days), diving, skiing, craft beer making, painting, and playing football with deflated balls as is the custom in New England.

Carlos was born and raised in Puerto Rico obtaining his undergraduate degree in Biology at the University of Puerto Rico. Believing that medical school by itself would not be a big enough challenge, he decided to obtain his MD in a different country at Harvard. While there he also conducted research at the Dana Farber Cancer Institute on socioeconomic factors affecting oncologic patient outcomes. In his spare time, Carlos enjoys tennis and enjoys amateur spelunking. Be on the lookout for him crawling into any caves and crevices he can find in the aging UCSD Hillcrest hospital facility (watch out for the asbestos), or elsewhere in Southern California.

Trisha was born and raised in Portland, Oregon, but when the town became “too cool” and a “hipster magnet”, she knew she had to get out. She moved to the southwest where she obtained her undergraduate degree in Microbiology at Arizona State University and her MD at the University of Arizona (where she received the Community Service Distinction award). In her free time, Trisha enjoys all sorts of outdoorsy, Portlandia-like activities including running, hiking, and rock climbing. She also performs in an outdoor acrobatic group and enjoys free-range yoga as well.

Frannie grew up in Washington state and then attended college at Notre Dame where she worked as an EMT for the University Fire Department (primarily to get into the football games for free) and was in fact the lead tech for the boxing team. She then went on to receive her MD at Northwestern University. Despite a traumatic experience as a child involving a chair lift, Frannie today enjoys skiing and other outdoor activities including running (completing 2 half-marathons), hiking, and water sports. Frannie spent some time at the Second City Training Center honing her improv and sketch comedy chops in preparation for next year’s resident roast.

Obi graduated from Harvard in 2004 with a BA in Government, after which he worked as a researcher in private industry. He returned to school first obtaining a graduate degree in Epidemiology from Boston University, followed by medical school at the University of Colorado. Obi reports only 2 degrees of separation from the actors Luke and Owen Wilson. Another interesting family fact, Obi reportedly has over 30 aunts and uncles. Obi enjoys cooking, travel, running, and fishing, and admits to being an Apple product addict so he can GPS-track and tweet with all his relatives (#abisbigfamily).
Chris Tomaszewski promoted to CMO of El Centro Regional Medical Center

Dr. Chris Tomaszewski, our medical director, has assumed a new role within UCSD Health System – he has been appointed to serve as the Chief Medical Officer with UCSD’s new affiliate, El Centro Regional Medical Center. While this is certainly a loss for our Department, it is clear that UCSD has recognized Chris’s tremendous talents, skills, and experience in promoting him to CMO, so please join me in congratulating Chris and wishing him continued success in his new role within our health system.

Gary Vilke appointed as DEM Clinical Service Chief

Many of you have known Dr. Gary Vilke for years as he completed both medical school at UCSD as well as his residency training with our Department (and has been on faculty nearly 20 years already!). Gary serves as the Medical Director for Risk Management at UCSD, and Director of Clinical Research for our Department where he has authored over 180 original publications.

Vaishal Tolia appointed DEM Co-Medical Director

Dr. Vaishal Tolia has been with our Department since 2009 after obtaining an MD and MPH from the University of Illinois, followed by training and board certification in both IM and EM. Vaishal has most recently served as our Associate Medical Director, as well as Director of our ED Observation Unit. In his new role, Vaishal will work closely with Gary on all ED operational issues. In addition, he will serve as Director of Care Coordination and Integration as the ED continues to enhance its role in improving patient care across the continuum (inpatient and outpatient) where Vaishal’s work as both EM faculty and a Hospitalist will come in handy.

Allyson Kreshak appointed DEM Associate Medical Director

Dr. Allyson Kreshak completed medical school and residency training in Pennsylvania, followed by Medical Toxicology fellowship training here at UCSD. She has been on faculty with us since 2010 and has quickly become involved in leading the ED, serving as our liaison with the pharmacy department as well as initiating our scribe program. Allyson will work on overall ED operations, with a specific focus on critical ancillary services such as the Pharmacy, Radiology, and Laboratory.
CRITICAL CARE

Gabe Wardi

Gabe is the inaugural EM Critical Care fellow at UCSD. As many of you know, Gabe is an outstanding graduate of our program, completing his chief residency last year. Gabe completed medical school at Emory University and obtained his undergraduate degree at Georgia Institute of Technology. Both the ED and Pulmonary/Critical Care division at UCSD are excited to have Gabe as our first joint fellow.

HBO

Anthony Bielawski

Anthony, one of this year’s HBO fellows, is a Lieutenant Commander in the Navy where he also completed his EM residency (Balboa for his transitional year, and Portsmouth for EM). He obtained his MD from Wayne State proceeded by a BA from Rollins College. He is currently a staff EM physician at Naval Hospital – Pendleton.

Derek Covington

Derek joins our HBO fellowship having completed his anesthesiology residency at the University of Miami, preceded by medical school at the University of Nevada and his undergraduate degree at USC. He served as the physician on-site for Diana Nyad’s swim from Cuba to Florida in 2013.

RADY PEDIATRIC EM

Naomi Abe

Naomi also joins the Rady Pediatric EM fellowship after completing her combined IM/Peds residency at Georgetown and obtaining her MD from the University of Rochester and her undergraduate degree at UCSB.

Sarah Combs

Sarah completed her pediatric training at Mount Sinai in NY following her MD at the University of Michigan. She is a graduate of Princeton where she majored in Ecology & Evolutionary biology and minored in Theater & Dance.

Karen Yaphockun

Karen joins the Rady Pediatric EM fellowship program having completed her pediatric residency at Children's LA. She obtained her DO from Western University after having obtained an MS in Physiology and Biophysics from Georgetown and undergraduate degree right here at UCSD.

EMS

Joy Donofrio

Joy comes to UCSD from Harbor-UCLA where she completed her fellowship training in pediatric EM, preceding by her residency training in general pediatrics at USC. Joy has a strong interest in pediatric EMS issues and will be working clinically at the Rady Emergency Department during her EMS fellowship here at UCSD.
RESEARCH

Sam Lam
Sam joins our clinical research fellowship having previously completed subspecialty training in pediatric Emergency Medicine (Inova Fairfax Hospital) and Emergency Ultrasound (Advocate Christ Medical Center) preceded by EM residency at the University of Massachusetts. He is working jointly at Rady Children’s and UCSD clinical during his 2-year research fellowship.

Yuko Nakajima
Yuko, who just completed her EMS fellowship with us, is staying on as a clinical research fellow at UCSD. Yuko originally trained as an anesthesiologist in Japan, but then switched to Emergency Medicine, completing her residency at Yale. She is continuing her work on International EMS and Disaster response, particularly in the Asia-Pacific area.

US

Marian Xu
We are delighted to have Marian Xu, one of our recent EM graduates, stay on with us for a 1-year clinical ultrasound fellowship. Many of you know that Marian graduated from Brown with degrees in Biology and East Asian studies, followed by medical school at Albert Einstein. She’s made the most of her training, studying and working in Kyoto, Buenos Aires, Maputo, Ecuador and Cambodia the last few years.

TOXICOLOGY

Bryan Corbett
Bryan is returning to UCSD having been an undergraduate (Microbiology major and Economics minor) and medical student here in San Diego. He completed his residency in EM at the UCSF Fresno program prior to joining our Medical Toxicology fellowship program.

Cynthia Koh
Cynthia joins our Medical Toxicology program from the University of Illinois where she completed her EM training and chief residency. She obtained her undergraduate degree in psychobiology with a Minor in French from UCLA.

Dan Lasoff
We are also delighted to have Dan Lasoff, another of our 2015 EM graduates, to stay on with us for a 2-year fellowship on Medical Toxicology. Dan obtained his MD at The University of Illinois where he distinguished himself as AOA, preceded by a BA in Economics from Northwestern.
2015 PUBLICATIONS AND GRANTS

ARTICLES


BOOKS AND BOOK CHAPTERS


ABSTRACTS


GRANTS

• Acute Home Care as an Alternative to Inpatient Admission from the Emergency Department. Funded by the Gary and Mary West Health Institute, 9/15/95 – 8/16/96. Principal Investigators: Edward Castillo and James Killeen. Co-Investigator: Gary Vilkem.
• Bioclone, Inc., “A Comparison of Anavip® [Crotalaloe (pit viper) equine Immune Fab(ab)2] and CroFab® (Crotalidae Polyvalent Immune Fab, ovine) in the Treatment of Patients with Crotaline Envenomation: A Randomized, Prospective, Blinded, Controlled, Comparative, Multi-center Study.” 7/08-01/05. Principal Investigator: Richard Clark.
• Cumberland Pharmaceuticals, Inc., “A Multi-center, Double-blind, Randomized, Controlled Study to Determine the Efficacy and Safety of a New Formulation of Acetylcysteine Injections,” 10/10-01/15. Principal Investigator: Richard Clark.
• Exploring emergency room physician’s knowledge and attitudes concerning the use of appropriate and safe home care as an alternative to hospital admission. Funded by the Gary and Mary West Health Institute, 2014-2015. Principal Investigator: Edward Castillo. Co-Investigators: James Killeen and Gary Vilkem.
• The Gary and Mary West Geriatric Center of Excellence (West COE): Phase 1 Research Development. Funded by the Gary and Mary West Health Institute, 9/15 – 3/16. Principal Investigators: Theodore Chan and James Killeen Co-Investigator: Gary Vilkem.
• "Mitigating Legal Risk in the Emergency Department: A UC Health System Wide Collaboration" funded by University of California Office of the President, Division of Health Sciences and Services, Center for Health Quality and Innovation, 1/16 – 9/16. Principal Investigator: Christian Tomaszewski Co-Investigator: Edward Castillo.
• “Resusciation Outcomes Consortium (ROCl) Protocol -ALPS,” funded by the NIH, 7/1/13 to 12/31/15. Principal Investigator: Gary Vilkem.
• “Telephone, Text, or Type? Comparing Tools for Improving Physician-Patient Communication Beyond the Walls of the Emergency Department After Discharge.” Awarded by UCSD Academy of Clinician Scholars. 2015. Principal Investigator: Alyson Kreshak Co-investigators: Michael Wilson, Gary Vilkem, Jesse Brennan, Edward Castillo
• “Use of traditional healers by patients at risk of HIV-infection in Mozambique: a qualitative study,” UCSD Academic Senate Health Sciences Grant. 1/2014 - 12/2016. Principal Investigator: Radhika Sundarajan

To see a complete list of publications and grants from 2015 by our faculty, click here.
Alumni Updates

New Residency Alumni

Alex Bromfield
Sarah Espinoza
Sow Kobayashi
Andrew Lafree
Charlie Lanzillo
Daniel Lasoff
Judson Merritt
Gabe Wardi
Marian Xu

Saint Anthony Hospital, Lakewood, CO
Doctors Hospital at Renaissance, Edinburg, TX
Guam
El Centro Regional Medical Center, CA
El Centro Regional Medical Center, CA
UCSD Toxicology Fellowship
Houston Methodist Willowbrook, Houston, TX
UCSD Critical Care Fellowship
UCSD Ultrasound Fellowship

Pictures from EM Residency Alumni 25th Anniversary Celebration – May 2015

Please contact Mey Pflaum with any updates!
mpflaum@ucsd.edu

To see more pictures from the event, click here.