

Quarter 1 2019

Issue 4

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*Each Newsletter will feature
“Residents of the Quarter” for each
Program.*



Follow us on Facebook!

Follow us on Facebook to keep up with our residents and fellows and to see upcoming CME events.

<https://www.facebook.com/integriscmegme/>

Upcoming CME Events

INTEGRIS I-5 Quality CME Series (IBMC)

1st Tuesday, Monthly

IBMC Auditorium

12:00pm – 1:00pm

May 7th - "Heart Failure Order Set" – Presented by Doug Horstmanshof, MD

August 6th - "Organ Donation: Guidelines and Practices" – Presented by Oran Lee

September - "Child Life Specialist and Pediatric Physicians" – Presented by Ashley Ochs

2019 IBMC Quarterly Grand Rounds

3rd Tuesday, Quarterly

IBMC Auditorium

12:00pm – 1:00pm

April 16th – "Alphabet Soup: Basics of Advance Care Planning in Oklahoma" (System Livestream)

Presented by Jeff Alderman, MD, Sarah Minor, DO, Jennifer Clark, MD, Gavin Enck, Ph.D.

July 16th – "Management of Pulmonary Hypertension" – John Kingrey, MD

October 15th – "How Pornography is Affecting Youth" Presented by Lawrence Kincheloe, MD

INTEGRIS I-5 Quality CME Series (ISMC)

3rd Wednesday, Monthly

ISMC Cancer Conference Room

12:00pm – 1:00pm

April 17th – "End of Life and Surrogate Consent Organ Donation"

Presented by Jody Joiner, J.D., Gavin Enck, Ph.D. (30-minute panel discussion)

May 15th – "CPR & DNAR Decision Tree" – Presented by Chelsey Gilbertson, DO & Gavin Enck, Ph.D.

August 21st - "Organ Donation: Guidelines and Practices" – Presented by Oran Lee

2019 INTEGRIS Deaconess Grand Rounds

2nd Tuesday, Monthly

Except January, June, July & December

Legacy Conference Room

12:00pm – 1:00pm

To access HealthStream and instructions:

<https://integrisok.com/careers/career-development/continuing-medical-education>

For more information about CME at INTEGRIS visit

<https://integrisok.com/medicaleducation>

Please email the CME Office at INTEGRISCME@integrisok.com



Great Plains Family Medicine

Dr. Palmer Promoted to Colonel – US Army

Philip Palmer, MD
Faculty-Clinic Director

Dr. Palmer is a proud Miami HS grad (Miami, Oklahoma, that is!). A graduate of OU Norman, the OU College of Medicine and the OU Department of Family Medicine, he came to Great Plains Family Medicine (GPFM) following his OU Sports Medicine Fellowship in 1996. Suffice it to say, he is a big OU fan!

Dr. Palmer serves as full-time faculty & clinic director at GPFM. He was Chair of Family Medicine at Alliance Deaconess for almost 2 decades and Medical Staff President at Deaconess Hospital. He is a past president of OAFP and is the current Oklahoma Alternate Delegate to the AAFP Congress of Delegates.

Having satisfied his dream of becoming a board-certified family physician and sport medicine doctor, he pursued the high calling of joining the Army Reserves in 2008.

He was deployed to Afghanistan, Fort Sill and Fort Hood over the ensuing 11 years and through extra training, ongoing tenacity and dedication achieved the rank of full Colonel on November 10th.

Col Phil has been an inspiration to us all and we remain proud of his sacrifice and his commitment to freedom and safety for all Americans. Our local in-house hero, we extend our felicitations to his parents, his wife Sharron, daughters Megan, Rachel and Nicole and his son Jonathan!

Dr. Palmer
being
promoted
to Colonel.



Family Medicine Residents of the Quarter:

David de Gaston, MD



Hometown: Provo, Utah

Medical School: OU

Program: GPFM

Family: Lots! Wife Melanie and 8 kids

Q: What are your hobbies?

A: Family activities, woodworking, computers

Q: What fictional place would you like to go?

A: Neverland

Q: What game or movie universe would you like to live in?

A: Star Wars

Q: What TV channel doesn't exist but really should?

A: Build cool gadgets channel

Q: What are you most looking forward to in the next 10 years?

A: Watching my children grow up

Q: What's the title of the current chapter of your life?

A: "Living the Dream"



Emergency Medicine

Welcome Dr. William Wylie

Dr. William Wylie started his new role as core faculty on 01 March 2019. He is taking the place of former core faculty member Dr. John Seagraves. Dr. Seagraves has moved into the ED Medical Director position at INTEGRIS Community Hospital in Moore. We would like to thank Dr. Seagraves for his time with the residency program and welcome Dr. Wylie.

EMROk Conference:

On 07 March 2019 the Emergency Medicine Residency program at Norman Regional held the first annual Emergency Medicine Residents of Oklahoma Conference. Programs from Lawton and OSU, as well as our program, were in attendance. Dr. Kristopher Hart, Dr. Mark Keuchel, and Dr. Kelly Painter provided a lecture on Pediatric DKA. The Conference was well received by our residents that were in attendance and we look forward to attending and helping to grow this conference in the years to come!

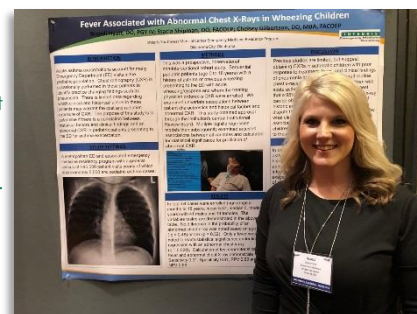


Dr. Hart, Dr. Keuchel, and Dr. Painter presenting at the EMROk Conference.

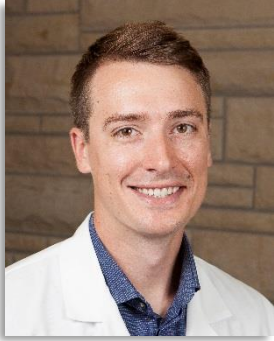
American Federation for Medical Research Conference 2019

Core faculty members Dr. Stacia Shipman and Dr. Kelly Painter along with Chief Resident, Dr. Brandi Hyatt, attended the AFMR 2019 conference from 21 February to 23 February 2019. At the conference Dr. Hyatt presented her poster on *Fever Associated with Abnormal Chest X-Rays in Wheezing Children*.

Dr. Hyatt presenting her poster at the AFMR 2019 Conference.



ER Resident of the Quarter:

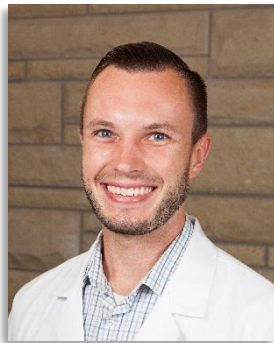


Name: Levi Garrison, DO

Medical School: Oklahoma State University College of Osteopathic Medicine

Undergrad: University of Central Oklahoma

Activities/Interests: Traveling, outdoors, spending time with friends, finding great restaurants or coffee shops to enjoy with my wife and entertaining my 10-month-old daughter



Name: Justin Davis, DO

Medical School: Western University of Health Sciences

Undergrad: California State University, Fullerton

Activities/Interests: Mountain biking, hiking, and going to the lake with my wife and dog

Dr. Garrison and Dr. Davis will both enter their PGY-4 years of residency on 01 July 2019 and they will assume the role of Chief Resident for the 2019-2020 academic year.

Class of 2023

This year our program matched four positions in the NMS/AOA Match and three positions in the NRMP/ACGME Match. We are excited to welcome the 2019-2020 PGY-1 Class to our program. Our new interns are: Travis Esposito, Ryan Griswold, Melissa Gupton, Dillon Pryor, Keithen Cast, Matthew Whitaker and Chet Wilson.



Anesthesia



James Paul, MD

Hometown: Tulsa, OK
Medical School: University of Oklahoma College of Medicine
Program: Anesthesiology

- Q.** What are your hobbies?
A. Outdoor activities, video games, and TV
- Q.** What game or movie universe would you most like to live in?
A. My Hero Academia
- Q.** What age do you wish you could permanently be?
A. 30
- Q.** If you suddenly became a master at woodworking, what would you make?
A. A gazebo, complete with furniture.
- Q.** What are you looking forward to in the coming months?
A. Starting my Anesthesia training

Lane Stanley, MD

Hometown: Longview, TX
Medical School: Texas Tech HSC
Program: Anesthesiology

- Q.** What Fictional Place would you like to go?
A. Hogwarts
- Q.** What are your hobbies?
A. Golfing and trying new restaurants
- Q.** What age do you wish you could permanently be?
A. 26 – 4th year of med school
- Q.** What fad or trend do you hope comes back?
A. Older relatives not commenting on my FB pictures
- Q.** What are you looking forward to in the coming months?
A. Not being cold.



Jordan Phillips, MD

Hometown: Edmond, OK
Medical School: University of Oklahoma College of Medicine
Program: Anesthesiology

- Q.** What game or movie universe would you most like to live in?
A. Star Wars
- Q.** What are you most looking forward to in the next 10 years?
A. Going on a helicopter skiing trip
- Q.** What fad or trend do you hope comes back?
A. yoyos
- Q.** What do you strongly expect but have no proof of?
A: Intelligent life on other planets
- Q:** If you become a master of woodworking, what would you make?
A: a house



Radiology

Radiology Residents of the Quarter:

Payam Ghazi, MD

Medical School: Tehran University of Medical Science in Iran

Program: Radiology



Q: What are your hobbies?

A: Sports (Skiing, swimming), hiking, traveling, watching soccer, Radiology video clip making/editing for my Instagram page, socialize with friends + Cheetos.

Q: What game or movie universe would you most like to live in?

A: "The Haunting of Hill House (series)" as long as I am fully capable of adequately defending myself.

Q: What would be your first question after waking up from being cryogenically frozen for 100 years?

A: Who the hell woke me up and why?

Q: What TV channel doesn't exist but really should?

A: Radiology residents night call Network, 12-hour live coverage of what really happens behind the scenes.

Q: What's the best single day of the calendar year?

A: February 9th (National Pizza Day)

Q: What fad or trend do you hope comes back?

A: If it's gone, there's a reason.

Q: What are you looking forward to in the coming months?

A: I am very excited for my graduation on May 10th. I am going to move to DC for my fellowship in Neuroradiology at Georgetown University in August.

Q: What is the title of the current chapter of your life?

A: Hakuna Matata

Q: If your childhood had a smell, what would it be?

A: Snow and Saffron

Sejong Lee, MD

Hometown: Coppell, TX is where I grew up. Made in Korea.

Medical School: University of Texas Medical Branch in Galveston

Program: Radiology

Family: My family consists of my beautiful wife Michelle and perpetual puppy Daphne.



Q: What fictional place would you like to go?

A: Hogwarts. I mean come on.

Q: What are your hobbies?

A: My active hobbies change almost monthly with some sticking and some being lost forever. Currently the ones that have stuck are snowboarding, reading, mountain biking, and PC games.

Q: What game or movie universe would you most like to live in?

A: Easy. Star Wars. The Force is pretty cool. I'd like to be a Jedi but I'm impulsive, passionate, and impatient...

Q: What would be your first questions after waking up from being cryogenically frozen for 100 years?

A: The only real pertinent question: Is my wife alive? Otherwise.. Is snowboarding still a thing?

Q: What age do you wish you could permanently be?

A: If we're talking about just physically and related to our life, 23. Everything was much tighter. Considering everything else besides just physical health, now is pretty good at 33. I'm definitely a late bloomer.

Q: What are you most looking forward to in the next 10 years?

A: In the immediate future, fellowship next year in Dallas where I grew up will be good as will being around family and old friends for a year. Having a stable job near mountains so I can get to the slopes quickly after a big snowfall is near the top of the list. Paying off student loans is also up there. Last but actually at the top of the list, offspring.

Brett Hyatt, DO



Hometown: Laurel, MS

Medical School: William Carey University

Program: Radiology

Family: Wife: Brandi Hyatt. Children: Aiden & Arabelle

Q: What fictional place would you like to go?

A: Asgard

Q: What are your hobbies?

A: Working out. Duck hunting. College football. Travel. All things Disney

Q: What game or movie universe would you most like to live in?

A: Star Wars

Q: What TV channel doesn't exist but really should?

A: There's already too many.

Q: What do you strongly suspect but have no proof of?

A: I'm right more often than my wife.

Q: What's the title of the current chapter of your life?

A: Almost there

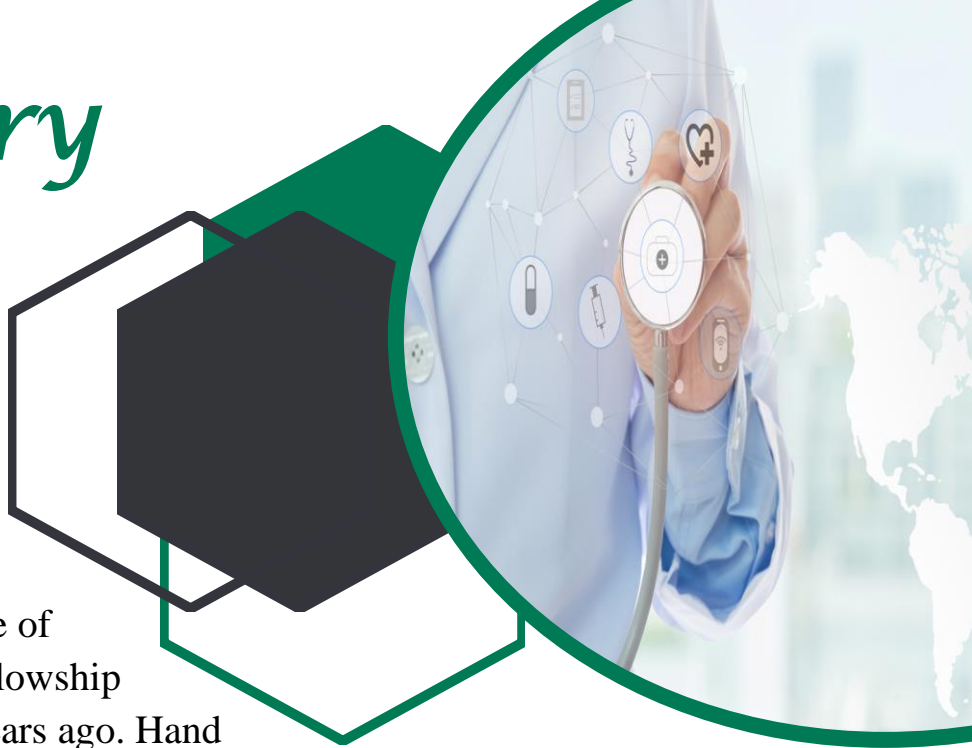
Hand Surgery

BMC Congenital Hand Clinic

INTEGRIS Baptist Medical Center (IBMC) in Oklahoma City is the home of the first and only Oklahoma Hand Fellowship Program, which was established 27 years ago. Hand Fellows and Orthopedic Residents attend the BMC Congenital Hand Clinic that is dedicated to providing distinctive medical and surgical care for children born with congenital upper extremity differences. These anomalies include: Congenital tumors, cerebral palsy, and myriad of musculoskeletal anomalies due to abnormal limb development that may affect shoulder, elbow, forearm, wrist, hand and digits. Trainees also participate in treating nerve injuries that occur at birth i.e. Brachial Plexus Birth Palsy which can be treated early by exploring the nerves in the neck-chest area and performing micro-neural surgery to restore function to the paralyzed limb, or if they present late, their condition can be treated by tendon transfers to restore function to the paralyzed shoulder, elbow and hand.

The INTEGRIS Congenital Hand Clinic is under the direction of Ghazi Rayan, M.D, who is the Hand Fellowship Director and has been treating children with congenital differences from Oklahoma and neighboring states for more than quarter of a century.

- Ghazi Rayan, MD



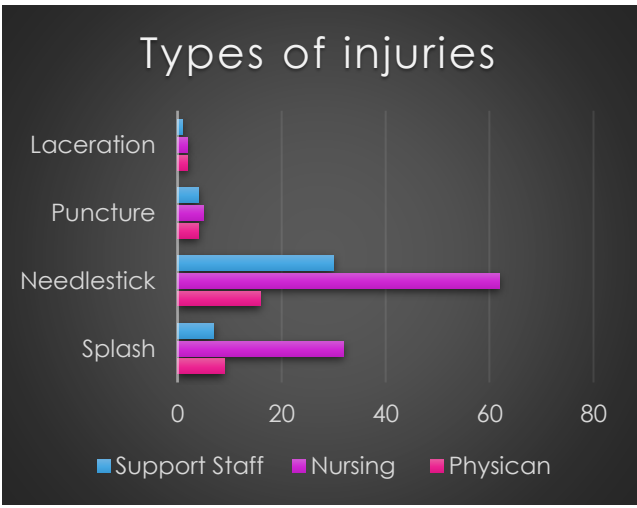
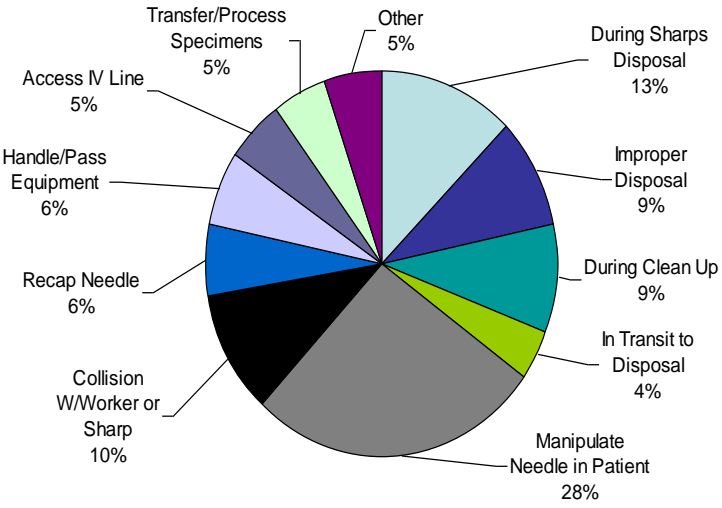
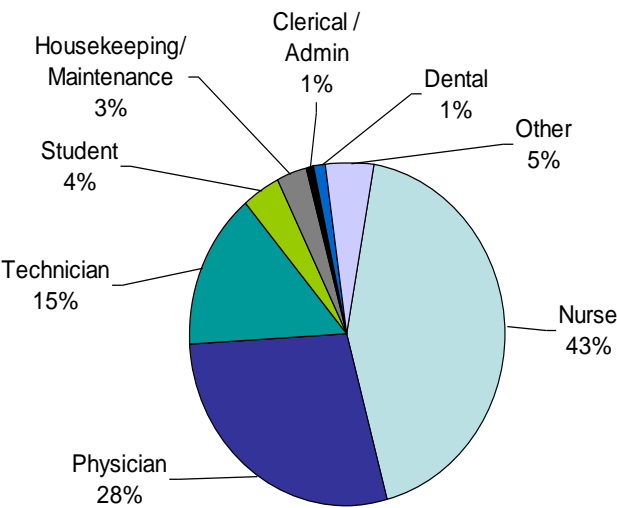
Scholarly Activity Update

INTEGRIS Baptist and Southwest residents and fellows recently participated in an educational lecture and questionnaire for a Quality Improvement project on Bloodborne pathogens. Goals were to provide further education on personal protective equipment and proper technique when using sharps and to discuss strategies to reduce and eliminate sharps and splash injuries. Pertinent findings of the 55 surveys completed were that 83% of those who had injuries during their medical career reported the injuries occurred during medical school or in their PGY1 year. This provides insight on where GME needs to focus on future educational endeavors on this important issue. 13% of those surveyed admitted to having an injury that was not reported, which is improving from 45% from a similar survey given to INTEGRIS residents 5 years ago.

Brandi Hyatt, PGY4 Emergency Medicine Resident, presented a poster and abstract titled “Fever Associated with Abnormal Chest Radiology in Pediatric Patients Presenting to the Emergency Department for Asthma Exacerbation” at the American Federation for Medical Research Southern Conference in New Orleans in February.

-Stacia Shipman, DO

Below are some graphs from Dr. Shipman's
Sharps & Splash Injuries: 2019 Update Grand Rounds Lecture

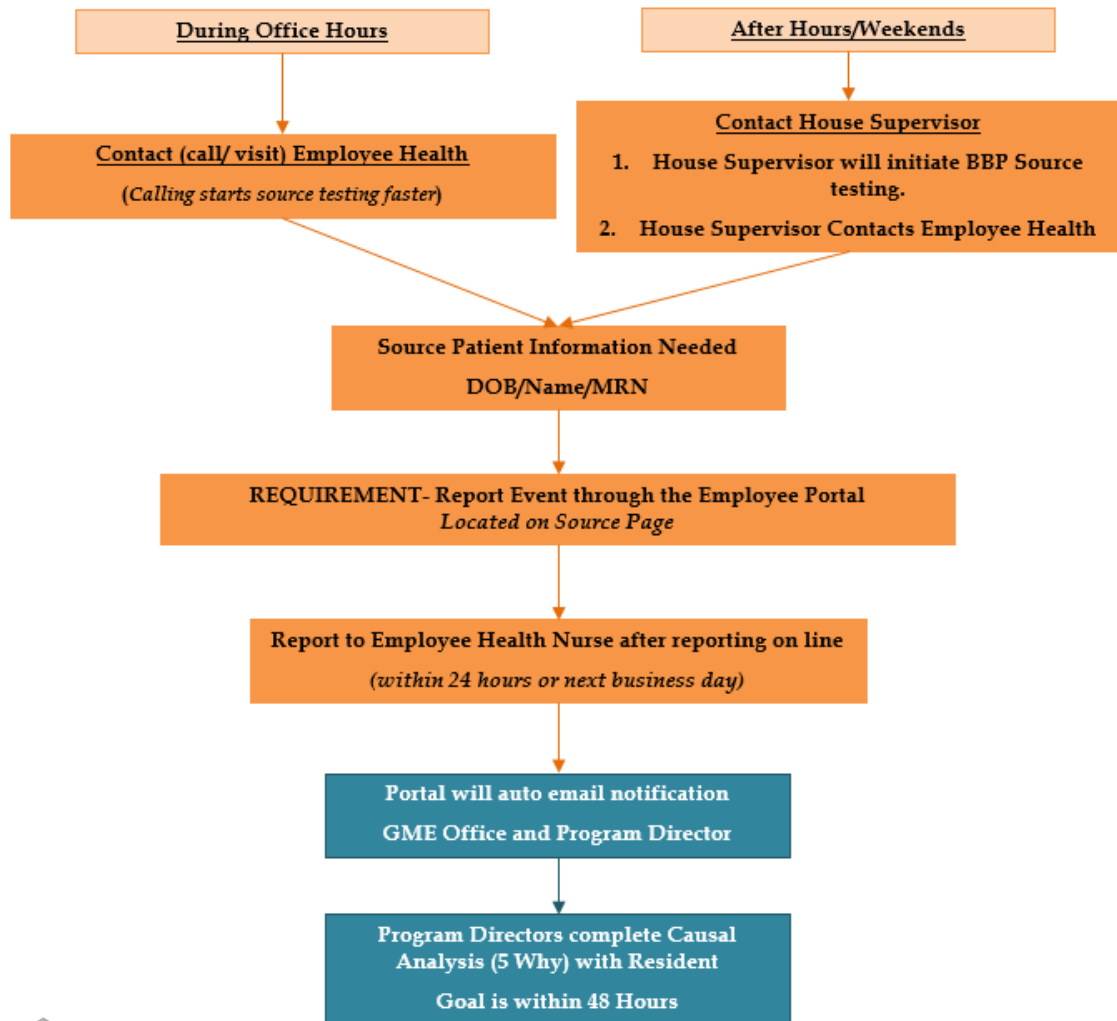


BBP EXPOSURE REPORTING

INTEGRIS Resident BBP Exposure Reporting

Employee Health Office Hours Monday through Friday, 7am-4pm

405-951-2903



GME Location (Department Codes):

Anesthesiology, Radiology, Hand Surgery
Emergency Medicine
Great Plains Family Medicine

100-4394
200-3490
375-5320

IBMC Radiology Residency Social Chair Update:



Radiology Residents and family out at dinner at one of the social events.

The radiology residents have been very busy since the last radiology social update, with holiday festivities, general work obligations, conference attendance and the general demands of everyday life. Nevertheless, we continue to take time out of our busy lives to spend with each other in friendship. Building these relationships both in and out of work only makes us stronger as a program!

On December 13th, Dr. Tjauw took us out to his favorite restaurant: Tokyo Japanese Restaurant. The food was delicious, the ambiance genuine, and the turnout was one of the best we've ever had for a resident event!

The Radiology Associates and radiology residency official holiday party was held on January 5th at the Oklahoma City Golf & Country Club, kindly organized by Dr. Mark Evans. Shortly thereafter, on January 12th, Noelle Lafitte (R1/PGY-2) organized the first-in-a-long-time official GME social event at Fassler Hall. We had a great turnout and residents from many programs across the INTEGRIS system were present. On January 18th (the day most of us took the radiology in-service exam) we celebrated at Osteria restaurant courtesy of (again!) Dr. Evans. We also just happened to run into Dr.



Residents at the official GME Social Event at Fassler Hall.

Snowden and her husband as we were leaving; small world. Dr. Evans was no doubt the superstar of radiology wellness and social events for the month of January!

For February's resident social event (held March 1st) we went to Cactus Jack's to throw down on some Dance Dance Revolution and other retro arcade games. We had a good turnout of residents and definitely got our quarters' worth in plays.

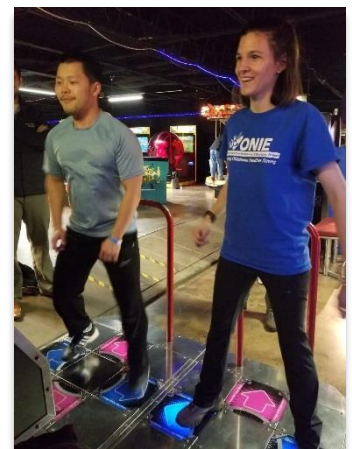
Finally, March 30th saw the first official resident Board Game Night Pizza Party held at my house. Our residents are kind and gentle souls but be



Cindy Weinschenk, DO and Whitney Terrel, MD.

forewarned: when a game is on the line, all bets are off!

Thanks again to GME and Radiology Associates for their continued support of our resident social activities. These events are invaluable for our continued personal and professional growth and help to create the positive atmosphere that continues to attract such strong candidates in the Match!



Residents and family throwing it down on Dance Dance Revolution at Cactus Jack's.