

Residency Spotlight

Internal Medicine

Beth Israel Lahey Health
Lahey Hospital & Medical Center



Dr. Elizabeth Nilson



Dr. Sheri Keitz

Building Spectacular Clinical Excellence at the Bedside

Rooted firmly in Dr. Lahey's surgical legacy, Lahey Hospital & Medical Center's Internal Medicine Residency offers a unique blend of rigorous training and personal attention in a busy tertiary medical center.

Structure

Shoulder-to-shoulder training alongside attending physicians, inspired by the hospital's surgical roots, gives residents a unique apprentice approach to clinical skills development. The relationships between attendings and residents often feel more intense than in a typical internal medicine residency. Attendings spend substantial time with trainees no matter the setting — the ICU, general medical wards or primary care continuity clinic. Each admission or bedside visit is treated as an opportunity for a "mini morning report," where many small educational points are delivered, including medical knowledge, physical exam skills, diagnostic reasoning, and patient communication. All contribute to trainees' quickly acquiring expertise and independence. Lahey's residents are well-prepared for competitive fellowships and careers in general internal medicine. Those who learn by doing thrive in this environment.

Hospital Environment

As a tertiary care facility, Lahey has expanded tremendously in terms of complexity of its patients, creating a wealth of disease processes and increasing educational opportunities; nationally and internationally recognized subspecialties; and world-class facilities. Internal medicine residents train within a large Department of Medicine education group, with fellows in nine subspecialties training alongside clinical luminaries. These include an internationally renowned interventional pulmonology (IP) service led by Carla Lamb, MD, a pioneer in the field; and cardiologist Frederic Resnic, MD whose division recently received the Heart Care Center of Excellence award by the American College of Cardiology.

Evidence-Based Medicine Curriculum

With the addition of Sheri A. Keitz, MD, PhD as Department of Medicine Chair in 2019, the program's Evidence-based Medicine (EBM) curriculum will be

maximized. Dr. Keitz is a pioneer in the EBM field and codirects two national/international EBM workshops. Under Dr. Keitz's leadership, Lahey residents are learning to critically appraise the literature in both interventional and diagnostic studies, and to incorporate evidence into clinical decision-making. This is particularly powerful when paired with residents' deep shoulder-to-shoulder clinical training alongside attendings.

The Future

Expanding the size of residency classes is a long-term program goal, allowing the program to create additional space in all residents' training schedules to focus on individual professional development, such as building research expertise or deepening work in patient safety and quality improvement.

"At Lahey, we are committed to training our internal medicine residents to be great clinicians today. But that is not enough. We must also provide them with the skills to incorporate new and best available evidence into their practice in the future. If COVID-19 has taught us anything, it is that we cannot count on a static knowledge pool if we are to honor our commitment to best practice."

Dr. Sheri Keitz

Chair, Department of Medicine



Leadership

Elizabeth Nilson, MD, MPH, FACP, Program Director (right) joined by (left to right) **Sheri Keitz, MD, PhD**, Chair, Department of Medicine, and Associate Program Directors **David Brabeck, MD, Robert Faust, MD** and **Michael Berarducci, MD**.

2020 Graduates

Lolwa Al-Obaid

Chief Resident, 2019-20
Gastroenterology Fellowship
Washington University

Dana Price

Chief Resident, 2019-20
Cardiology Fellowship
Brown University

Shawnik Bhargava

Chief Resident, 2020-21
Lahey Hospital & Medical Center

Hoshang Farhad

Cardiology Fellowship
Lahey Hospital & Medical Center

Ghaleb Halaseh

Chief Resident, 2020-21
Lahey Hospital & Medical Center

Lewena Maher

Rheumatology Fellowship
Brown University

Natasha Malkani

Endocrinology Fellowship
Brigham and Women's Hospital

Zachary Marnoy

Hospital Medicine
Beverly Hospital

David Mintz

Cardiology Fellowship
Lahey Hospital & Medical Center

Raza Naqvi

Hospital Medicine
The Miriam Hospital, Brown University

Suhaib Naqvi

Infectious Disease Fellowship
Beth Israel Deaconess Medical Center

Markus Ricci

Hospital Medicine
Newton-Wellesley Hospital

Faisal Tamimi

Cardiology Fellowship
Mt. Sinai/Beth Israel -
Icahn School of Medicine

Ainul Wahajia

Hospital Medicine
Beverly Hospital

The COVID-19 Experience

Internal Medicine residents were an integral part of Lahey's response to COVID-19, taking on patient care in the medical ICUs and general medical wards, where they had doubled capacity.

"Because the clinical training is so robust and because of the timing, with our interns nine months into training and already quite experienced, we were in a great position to help," explained Elizabeth Nilson, MD, director of the Internal Medicine Residency Program. "They were capable of taking care of incredibly sick patients, shouldering responsibilities along with attendings who hadn't worked in an inpatient setting for a number of years. We're all incredibly proud of our ability to step in."



An Alumni Perspective

Georgios Kitsios, MD, PhD

Dr. Kitsios completed his residency in 2014. He is Assistant Professor of Medicine at the University of Pittsburgh and Director of the American Board of Internal Medicine Research Pathway's Internal Medicine Residency Program at the University of Pittsburgh Medical Center.

"The Lahey clinical experience was unparalleled," said Dr. Kitsios. "The day and night hands-on taking care of sick patients has been the formative experience for my clinical acumen and experiential management modus operandi. My rigorous clinical training at Lahey was the pillar for my clinical confidence and success in academic medicine."

The clinical exposure in multiple domains of inpatient and outpatient medicine and the autonomy offered

to resident physicians are really hard to match elsewhere.

The bedside clinical training was supported by a rich curriculum of didactics, simulation experiences, career development programs, scholarship and leadership opportunities – all of which put together an outstanding training.

The biggest strength of the program at Lahey is harder to quantify in conventional metrics, and that is the quality of faculty and the culture of a family environment that Lahey has fostered for years. It makes the Lahey program feel like my own 'home and family' and an experience I will always look back on with pride and nostalgia.

My experiences working closely with so many master clinicians have been the highlight of my training and continue to inspire my love and passion for clinical medicine."



Dr. Kitsios

Help Enrich Lahey's Internal Medicine Residency

Our faculty continues to seek new ways to enhance trainees' personal and professional development skills to complement and enrich their expertise in direct patient care. Lahey's residency program has begun to take advantage of Art and Medicine workshops at Boston's

Museum of Fine Arts on a funds-limited basis.

Workshops are co-taught by residency faculty and art educators to help providers build their communication skills, teamwork and observation skills through the lens of the museum's galleries.

"Residents love these training workshops. It improves their overall experience, gives them time for reflection and helps prevent burnout," said Dr. Nilson.

Questions about making a gift?

Contact Nancy Paterna at

Nancy.S.Paterna@Lahey.org

or 781-744-2009.

To make a gift to the residency program online, visit giving.lahey.org and designate 'Internal Medicine Residency' in the 'other' field.

For information about the Internal Medicine Residency, contact

Dr. Elizabeth Nilson at

Elizabeth.G.Nilson@lahey.org

or 781-744-5700.