



DukeMedicine

The Duke Medicine-Pediatrics Newsletter

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Growing Roots in the Durham Community

Sima Pendharkar, MD, one of the 3rd year Med-Peds residents, shares her experiences with the creation of the Briggs Community Gardens in Durham.

I have always been a nature enthusiast; one of my majors in college was Environmental Studies and I spent 6 months in Costa Rica studying tropical ecology and sustainable agriculture. This experience really allowed me to appreciate the relationship between nature and individual health and wellness.

In 2002 I had the opportunity to serve in Americorps VISTA where I worked for the Texas Department of Public Health on the CDC Healthy People 2010 campaign. My job was to initiate health prevention programs in underserved neighborhoods in Round Rock, Texas. The families that I worked with were from largely Hispanic, single parent, low income households where obesity, diabetes and other chronic conditions were rampant among both children and adults. From talking with families and trying to figure out what public health interventions would be the most effective, I was able to create several programs that addressed chronic health problems.

One of the initiatives, in particular, that really seemed to make an impression in the community was a community gardening program.



Sima Pendharkar and volunteer at Briggs Community Gardens in November.

This was an easy way for low income families using food stamps to get access to vegetables and fruits without breaking the bank. Plus, it allowed families to be outside, engage with each other and get a little bit of exercise. Having worked with many children and adults in my continuity clinic who struggle with obesity and poverty, the idea of bringing a community garden to patients here in Durham made sense.

The gardening project in Durham really moved forward once I became friends with Santos Flores, a local environmentalist who is passionate about food justice. Santos works for NC Cooperative Extensions and South Eastern Efforts Developing Sustainable Spaces, Inc. (SEEDS) and is involved with many local community gardens. We identified a site in

downtown Durham that would be an ideal area for patients to garden. The Briggs Community Garden.

The Briggs Garden is located on a 57 acre tract of land that was donated to NC State University in 2003 through the Landscapes of Opportunities Program. The property is meant to be used for environmental education and conservation activities so it was perfect for our project. I was able to organize a workday in November where almost 40 volunteers came out to help construct garden beds. With everyone's help, we were able to create about 40 new garden beds.

We are currently in the process of recruiting patients to come out and garden. We have designed flyers and posters that will be dis-

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Greetings from the Section Chief and Program Director

This summer marks the 25th year celebration of our Duke combined Medicine-Pediatrics program. Reflecting on the time I have been at Duke, well over half of our existence, I have witnessed many changes. Med-Peds programs are now accredited by the ACGME and we successfully passed our first site visit! We have a combined Med-Peds clinic, new rotations and the arrival of work hour restrictions for residents with more changes this summer on the horizon. A constant, though, has been our great success in the recruitment of outstanding students to our program and great career choices and paths of our graduates. I want to sincerely thank all of you who have generously contributed to our Med-Peds residency fund, as your support is much appreciated.

— Sue Woods, MD



Featured Duke Med-Peds Alumnus: Dr. Susan Wang

I had the opportunity to have a late night conversation with Susan Wang, MD, MPH for this issue of our Featured Duke Med-Peds Alumnus recently. She was gracious enough to speak with me despite the 6 hour time difference from her home in Geneva, Switzerland.

Dr. Wang came to Duke in 1991. She selected Duke and Durham as a change of pace from New York City where she received her MD and MPH from Columbia University. Though Durham had a more relaxed feel than New York, Duke was a far cry from low-key. What Dr. Wang was looking for in a program was what Duke offered. She wanted intense training that would prepare her for a career in international health, and to learn to provide medical care for the entire age range. Dr. Wang had actually applied to mostly general surgery and categorical internal medicine programs. Duke was the one combined med-peds program in which she interviewed, and it ended being #1 on her rank list, above all the other general surgery and medicine programs.

Her Duke med-peds residency class was a unique one – it was the first class of all females (four total). Drs. Ralph Corey and Tom Kinney were the program directors at the time. Dr. Wang describes her time at Duke as intense but she loved the intensity. She reminisced about the every other night ICU call and then the every 3rd night ward call (don't tell the ACGME now!). She felt like these rotations helped develop her skills as a clinician and gave her the confidence to try new experiences. She particularly liked her experiences in the rotation to well-

child clinics in “road” health departments, the adult HIV clinic at Duke, and rotations at Durham Regional Hospital. Along the way, she also met and worked with great mentors - Dr. Gordon Worley, Dr. Dennis Clements, Dr. Sam Katz, Dr. Ralph Corey, Dr. Dan Sexton, Dr. Chuck Hicks and Dr. John Perfect, to name a few.

Despite wanting to pursue international health as a career, she did not participate in the international rotation offered during residency. Rather, she capitalized on the experiences available “on-site” at Duke and took the opportunities to work



Susan Wang, husband Mark Vakkur, and children in front of Rhone Glacier in Switzerland (her 12 year old daughter is not included in this picture).

with many specialties within the health system. She enjoyed working with well-trained, smart resident colleagues and senior staff at Duke.

After completing her med-peds residency at Duke in 1995, Dr. Wang worked in primary care with Dr. James Womble in Cary, NC. After a year in practice, she accepted a position with the Epidemic Intelligence Service (EIS) at the Centers for Disease Control (CDC) and Prevention in Atlanta. The EIS is a unique 2-year post-graduate

training program of service and on-the-job learning for health professionals interested in the practice of applied epidemiology. Dr. Wang stayed at CDC after her EIS training experience and worked in hospital infections, sexually transmitted diseases, viral hepatitis, SARS, influenza, and immunizations. While in Atlanta, she also practiced pediatrics for half a day a week at a community health center and medicine for a half day a week at the Atlanta VA Medical Center.

In December 2008, Dr. Wang transitioned into a position at the World Health Organization

(WHO), and she is now living in Geneva, Switzerland. She works in the Expanded Programme for Immunizations and provides support to developing countries that wish to introduce new vaccines such as Hib, pneumococcal, rotavirus and HPV vaccines. WHO colleagues provide support to countries for regionally important vaccines such as typhoid, cholera, yellow fever, meningococcus A, and Japanese encephalitis. Vaccinations that she anticipates will come to the forefront in the future are dengue

and malaria vaccines. Dr. Wang travels about twice a month, primarily to Africa and Asia, and enjoys being able to work at the country level. She feels that her clinical skills are particularly helpful when developing training on new vaccines for health workers or when investigating adverse events following immunization which require review of clinical records, together with interviews of family members and health workers. Global and regional immunization colleagues are often not pediatricians and sometimes are not clinicians. With a med-peds clinical background, Dr. Wang is able to bring practical clinical insights to the public health technical support she provides to countries.

Dr. Wang anticipates continuing to have her hand in global health work for a number of years to come, but she also retains her strong fondness for patient care and hopes that at some point, she will be back in clinical medicine, practicing primary care. In the meantime, she stays busy with her family in Geneva. Her children are ages 15, 12, and 6 years old, and are taking advantage of the nearby skiing in Switzerland.

Her parting words to current housestaff are “to take advantage of everything on-site. Duke surrounds you with opportunities and expertise in so many departments, not just in internal medicine and pediatrics.” Though residency schedules are crammed, residents should develop a goal and use their residency experiences to build the foundation for the future. Then, they should be able to accomplish the goals they have set.

— By Jane Trinh

The Duke Med-Peds Residency Fund supports our current Med-Peds residents in a variety of educational experiences, including participation in research projects, attendance at national meetings, preparation and presentation of scholarly work, global health opportunities and involvement in community outreach programs. Please consider making a contribution online at www.dukechildrens.org and indicate “Duke Med-Peds Residency Fund” in the comments section or send a check to Duke Children’s Development Office, Attn. Duke Med-Peds Residency Fund, 512 S. Mangum Street, Suite 400, Durham, NC 27701.

Roots in Durham Community (cont.)

tributed to clinic patients in pediatrics, internal medicine and family medicine clinics. There are several gardening workdays that will take place this spring.

We are hoping to incorporate this project into the Community Pediatrics rotation at Duke so that it can be sustained over time. One of the pediatrics residents is creating a garden based curriculum to teach health and nutrition to children and adults at the garden site.

Working on this project has been a wonderful journey so far and has reinforced my belief that anything is possible with a little bit of dedication and passion. At the last workday, there were residents, com-

munity members and Home Depot employees who came out on their day off eager to shovel, build, and break a sweat for a



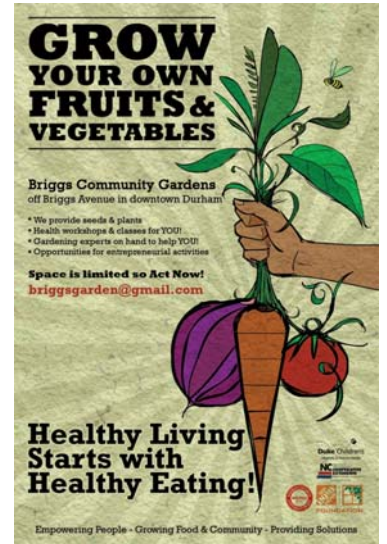
Briggs Community Gardens success - 40 new garden beds.

larger cause, helping those in need. These simple acts of goodwill and kindness are humbling and inspiring.

There are so many factors that influence an individual's

health beyond what we do in clinics or on the wards. By thinking outside of the box and being creative, we as physicians should strive to build healthy communities, that can nurture well being and facilitate a healthy, happy, peaceful existence.

Sima received an award from The Home Depot in the amount of \$4,000 for a project entitled, "Community gardening: healthy living starts with healthy eating" and an award from the National Med-Peds Residents' Association in the amount of \$1,000 for a project entitled, "Community gardening: healthy living starts with healthy eating." She has worked with Duke fac-



ulty mentors Suzanne Woods and Sarah Armstrong on the projects. She has continued to receive support from Home Depot and was invited to give a talk on health and wellness at its leadership meeting.

The Grand Opening Ceremony of the Briggs Community Gardens was Saturday April 9, 2011.

Change in Leadership in Duke Internal Medicine Residency:

Dr. Diana McNeill will transition the role of categorical Medicine Program Director to Dr. Aimee Zaas on May 1, 2011. We thank Diana for the 10 years of leadership, support and service to the Medicine and Med-Peds programs. We will miss your optimism and Duke spirit!

Duke Medicine-Pediatrics Program

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Welcome Duke Med-Peds Class of 2015



Colby Feeney

MD: Indiana University
BA: Indiana University
Hometown: Carmel, IN



John Greene

MD: University of Arkansas
BA: Univ. of Central Arkansas
Hometown: DeQueen, AR



Kelly Han

MD: Univ. of Massachusetts
BS: Mass. Inst. of Technology
Hometown: Newton, MA



Caroline Lee

MD: Univ. of North Carolina
PhD: Univ. of North Carolina
BA: Knox College
Hometown: Mount Prospect, IL



Timothy Mercer

MD: Indiana University
MPH: Yale University
BS: Butler University
Hometown: Auburn, IN



Daniel Pugmire

MD: Ohio State University
BA: Dartmouth College
Hometown: Salt Lake City, UT

Congratulations!

POSTERS/PUBLICATIONS

Carolyn Avery presented her QI project on “Improving Resident Knowledge of Costs of Lab Tests: A Quality Improvement Study” at both the NC ACP Meeting in Durham, NC on January 29, 2011 and the Academic Pediatrics Association (APA) Regional Meeting in Charlottesville, VA on February 26, 2011.

Melissa Briggs, Priya Gopwani, and Sima Pendharkar presented their QI project on “Improving HIV Screening Rates in a Combined Internal Medicine and Pediatrics Continuity Clinic” at the NC ACP Meeting in Durham, NC on January 29, 2011.

Sima Pendharkar presented her clinical vignette on “Absence of Evidence is Not Evidence of Absence: A Case of HSV Meningitis without Overt Genital Lesions” at the NC ACP Meeting in Durham, NC on January 29, 2011.

Maria Monge presented her QI project on “Improving Med-Peds Resident Compliance with Reach Out and Read Book Distribution” at both the APA Regional Meeting in Charlottesville, VA on February 26, 2011, and Association of Pediatrics Program Directors Meeting in Miami, FL on April 2, 2011.

Ann Marie Navar-Boggan had her poster A High-Dose Continuous Haloperidol Infusion Successfully Controlled Intractable Terminal Delirium accepted to the AAHPM & HPNA Annual Assembly on February 16, 2011 in Vancouver, Canada.

Susan Hunt (HS 2008) ‘published’ an interactive case in *New England Journal of Medicine*: A Crazy Case of Dyspnea. <http://www.nejm.org/doi/full/10.1056/NEJMimc1008281?query=TOC>

Matthew Schwartz (HS 2007) published his article “Use of the Amplatzer Vascular Plug and Amplatzer Vascular Plug II for Vascular Occlusion Procedures in 50 Patients with Congenital Cardiovascular Disease” in *Catheterization and Cardiovascular Interventions*. 2010; 76: 411-417.

Weijen Chang (HS 1998) wrote “Split Personality” in *The Hospitalist* published December 2010 (and other Duke graduates quoted!)

NEW ARRIVALS

Greg (HS 2009), Amy and son Luke Barker welcomed Cale Adams Barker on December 9, 2010.

Erica Peterson (HS 2004) and Bart Dillashaw welcomed Ozra “Oz” Peter Dillashaw on December 14, 2010.

Bijal Shah (HS 2008) and Emma Westermann-Clark welcomed Soren Bijal Shah on January 13, 2011.

David Ming (HS 2010) and Janet Tcheung welcomed Emma Ming on January 14, 2011.

Christy Boling Turer (HS 2008) and Aslan Turer welcomed Sebastian Adem Turer on February 21, 2011.

WELCOME BACK

Richard Chung (HS 2009) will be joining us as Director of the Adolescent Medicine Program in the Division of Pediatric Primary Care. He will complete his fellowship in Adolescent Medicine at Boston Children’s in June.

Kristin Meade (HS 2010) will be joining the Adult Palliative Care team after completing her Pediatric Palliative Care Fellowship in Akron, OH.

PROMOTION

Suzanne Woods was promoted to Associate Professor in Internal Medicine and Pediatrics.

Carrie Herzke (HS 2008) was named Director of Clinical Operations for the Johns Hopkins Hospitalist Program.

GRADUATING CLASS OF 2011: GOOD LUCK!

Melissa Briggs was accepted to the EIS Program with the CDC in Atlanta, GA.

Tacy Downing will be going to CHOP for her Pediatric Cardiology Fellowship.

Priya Gopwani will be going to DC Children’s for her Pediatrics Emergency Medicine Fellowship.

Maria Monge will be going to Boston Children’s for an Adolescent Medicine Fellowship.

Kanecia Zimmerman will be staying at Duke to serve as Co-Chief Resident in Pediatrics.

We want to hear your good news too - from births, to awards and publications. Please email us at woods038@mc.duke.edu or call us at (919) 681-3009. Also, if you know of a Med-Peds alum who is not receiving this Newsletter and would like to be on our mailing list, please let us know!