

From Your DIO and GME Team

With great excitement, we introduce the inaugural edition of our GME Newsletter. This new platform is designed to keep you informed, engaged, and connected with the latest developments, resources, and opportunities within our GME community.

As we continue to grow and evolve, we aim to celebrate the achievements of our residents/fellows, faculty, and staff while providing important updates on upcoming events, research, and initiatives that shape the future of medical education. We hope this newsletter serves as a valuable resource to foster collaboration, share knowledge, and highlight the incredible work being done by everyone in our programs.

In this edition, you will find highlights from recent events, success stories from our residents/fellows, and insights from our faculty on the evolving landscape of medical education. We encourage you to stay connected, contribute your ideas, and be part of the conversation as we continue to shape the future of healthcare together.

Thank you for your dedication to excellence in education, and we look forward to sharing this exciting journey with you!



Important Notices

- **ACGME Milestone Evaluations**
Reporting Window: October 28, 2024 – January 10, 2025
- **ACGME Surveys**
Next Administration Window: February 10, 2025 – April 04, 2025



Canyon Vista Medical Center STAR Award

Canyon Vista Medical Center (CVMC) presented the STAR Award, recognized by a coworker to those who demonstrate the CVMC Core Values, to two physician trainees in the MWU GME Consortium. Brian Thompson, DO, PGY-2, in the Family Medicine Residency Program, and Siddhartha Vogirala, DO, PGY-3, in the Internal Medicine Residency Program, were recognized for their empathy with a patient who had no family in town when she expired. The patient's family sent in a letter thanking them both for their kindness displayed to their loved one.



Canyon Vista Medical Center Emergency Medicine Fellowship

We are pleased to welcome Dr. Brian Hopkins, DO, a Family and Addiction Medicine Physician from Shelley, Idaho, as our 2nd EM Fellow here at CVMC.

Dr. Hopkins graduated medical school from Alabama College of Osteopathic Medicine with Sigma Sigma Honors in 2018. Dr. Hopkins graduated from a Family Medicine Residency Program from South Baldwin in June 2018.

Dr. Hopkins is a Captain of National Guard 61H/62B Family Medicine/Field Surgeon. He will continue in the Arizona National Guard after moving to Sierra Vista, AZ.

Dr. Hopkins will benefit our busy ER and Canyon Vista Medical Center Family significantly.



Canyon Vista Medical Center Family Medicine Residency

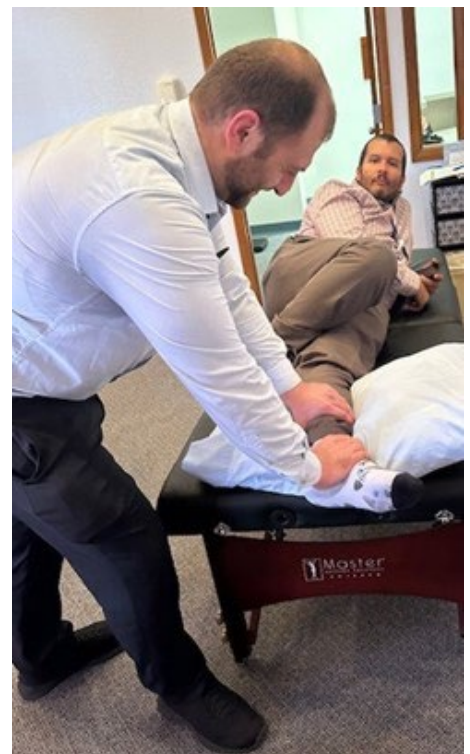


The program had an amazing start to the 2024-2025 academic year. All 10 of our current residents are on the Osteopathic Track, and all interns had their first OR Assessment on July 25, 2025, with Dr. Christina Martin from Midwestern. All residents attended the OR assessment on November 14th with Dr. Ural and Dr. Whitaker.

Dr. Justin Hayden, DO, will become the 3rd CVMC EM Fellow on July 1, 2025.



On August 20, 2024, Dr. Finch from MWU came and did POCUS training with the FM and IM residents. Dr. Jones, Dr. Lee, Dr. Setyan, and Dr. Shaw (PGY-1s) joined the other FM Residents and passed their Advanced Trauma Life Support (ATLS) course through Banner in Tucson. This is not a required course; CVMC will cover the \$750.00 cost for any Resident who would like the certification.



Canyon Vista Medical Center Family Medicine Residency

All Residents and staff at CVMC have become NIHSS Stroke certified. Yanny Phillips, DO, CVMC Neurologist, has joined the hospital with others to become a primary stroke center. All Faculty and Residents were to be certified by November 25, 2024. Certificate of distinction for Primary Stroke Center recognizes centers that follow the best practices for stroke care (clinical practice guidelines published by the AHA/ASA). This is a rigorous JCAHO review process to ensure we can demonstrate our adherence to key standards in the rapid assessment of patients presenting with stroke-like symptoms and rapid delivery of IV thrombolysis to eligible patients. The certification process will also focus on our compliance with analyzing and utilizing standardized performance measurement data (e.g., door-to-CT, door-to-lab, door-to-needle, etc.) to continually improve treatment plans.

Canyon Vista Medical Center earns an “A” Hospital Safety Grade from Leapfrog; this was announced in early November. This means that our team is among the best in the country when it comes to protecting our patients.

November 15th was the ribbon cutting and grand opening for our Pediatric Clinic. We have not had an in-house Pediatrician in over 5 years. Dr. Calvo came to us a year ago and has just begun precepting the residents here at CVMC. With the pediatric clinic and in-patient peds here at CVMC, we hope to reduce the residents’ weeks spent at TMC in Tucson for In-Patient Peds rotations.



Canyon Vista Medical Center Family Medicine Residency

RESIDENT SPOTLIGHT CANYON VISTA MEDICAL CENTER



Dr. Justin Hayden, D.O.



stay connected with the App!

Background and Path to Medicine

Dr. Justin Hayden, originally from Elkhart, Indiana, has a journey that spans states, disciplines, and an unwavering commitment to medicine. While living in Phoenix for a few years during college, he met his now-wife, further anchoring his future path. He attended medical school at the Chicago College of Osteopathic Medicine (CCOM), drawn to its proximity to family in Indiana and its reputation vouched for by relatives in the field. "My mom always said she thought I'd make a good surgeon," Dr. Hayden shares, reflecting on his early inspirations, though he ultimately chose emergency medicine to have an impact in fast-paced and often rural settings. During his residency, Dr. Hayden's dedication earned him the distinction of Chief Resident in his Family Medicine program, a testament to his leadership and commitment to learning.

Life Beyond Medicine

Outside the hospital, Dr. Hayden's life revolves around family and the outdoors. "I love 'going to the wild' with my son," he says, adding that these moments provide a welcome balance to his demanding schedule. He's also a fan of hitting the golf course or the shooting range, and, in a lesser-known talent, Dr. Hayden once pursued leather crafting, specifically creating custom knife sheaths. When asked what career he would have pursued other than medicine, "I'd probably have become an architect or engineer," he notes, citing his love for design and structure.

Professional Goals and Advice for New Residents

Dr. Hayden's primary goal after completing his residency is to practice emergency medicine in a rural area, but he envisions eventually transitioning to a family medicine practice. For new residents just starting, Dr. Hayden advises, "See as many patients as you can, but do it with someone you trust to help you manage the case." His advice highlights the importance of both experience and mentorship in the medical field.

Dr. Justin Hayden's journey from Indiana to the ER is marked by dedication, family ties, and a grounded perspective on what it means to practice medicine. His story is one of pursuing a passion while staying close to his roots, both geographical and personal, as he aims to make a difference in rural healthcare.

For more information about the Lifepoint Resident Stipend Program
contact Tina Holt
tina.holt@lpnt.net

Canyon Vista Medical Center

Internal Medicine Residency

Resident Spotlight



Mohamad Diab,
MBBS

Mohamad Omar Diab, MBBS, will be recognized at the American College of Osteopathic Internists (ACOI) 2024 in Scottsdale, AZ.

[ACOI Recognizes Two Recipients of Inaugural David Susser Award](#)

The [Susser Memorial Award](#) will be recognized to Mohamad Omar Diab, MBBS, PGY-2, at the Canyon Vista Medical Center Internal Medicine Residency Program. The ACOI is a national professional organization representing osteopathic internal medicine physicians and subspecialists. Dr. Diab is one of two recipients of this award, and it will be presented to him on Friday, November 1, 2024, during the Awards Ceremony at the [ACOI 2024](#) in Scottsdale, Arizona.

“The Susser Memorial Award honors professionals who live out the traits Dr. Susser demonstrated throughout his life, especially his commitment to excellence and integrity, sense of compassion and care for others, resilience in overcoming adversity, academic performance and commitment to quality, and generosity of spirit and commitment to community and self-improvement” (ACOI, October 2024).

We proudly congratulate Dr. Diab on receiving this award and for his exceptional commitment and contributions to his community and research studies!

Canyon Vista Medical Center Internal Medicine Residency



Please join us to congratulate the residents and the Canyon Vista Medical Center Internal Medicine program for winning the ACP Conference Doctors Dilemma competition! They won the first round against HonorHealth, UA Phoenix, and Dignity Health and won the final round against UA Tucson and Verde Valley. Other teams in the competition included Mayo Clinic, Abrazo, and other teams from Arizona. The Canyon Vista IM team will now go on to represent Arizona in the National ACP conference.



The Team members from Canyon Vista Medical Center IM program were Drs. Baha Faiyoumi, Rusudan Tchighvaria, Aya Almufleh, Sami Aqqad. The support team included Drs. Hashim Khan, Justin Arnold, and Mohamad Diab. All of them were under the guidance of Dr. Emad Hammode, the IM Program Director for Canyon Vista Medical Center.



Canyon Vista Medical Center Internal Medicine Residency

We would like to recognize Resident Doctor Hashim Khan at Canyon Vista Medical Center for spearheading the wellness committee and proposing planting a tree in the wellness garden to represent their class.

Many residents help with the project; this is a true expression of our tight-knit community and how we grow together.



Kingman Regional Medical Center Emergency Medicine Residency

Faculty Spotlight



Justin Grisham, DO

The Kingman Regional Medical Center Emergency Medicine residency program would like to welcome our new Ultrasound Director, Justin Grisham, DO, FAWM, DiMM, to our faculty! Before medical school, Dr. Grisham was a paramedic with the Salt Lake County Mountain Rescue team and served as a Climbing Ranger for the National Park Service on Mt. Rainer. He completed medical school at Kirksville College of Osteopathic Medicine and his emergency medicine residency and ultrasound fellowship at Madigan Army Medical Center. He served in the US Army as a Flight Surgeon and Resuscitation Team Leader on a forward surgical team. In addition to his clinical duties, Justin teaches austere medicine, helicopter rescue, and high-angle rescue classes for civilian and military teams worldwide. Justin resides in southwestern Colorado, where he is paragliding, mountain biking, ice climbing, and pack rafting with his partner Whitney and their three dogs.

Coordinator Spotlight



Dawn Darby, C-TAGME

Program Coordinator Dawn Darby, C-TAGME

Dawn achieved the C-TAGME credential through experience and continuous education and earned a passing assessment result. "TAGME certification exhibits the readiness of the GME professional to utilize the skills and knowledge necessary to perform the job at an optimum level."

Congratulations Dawn!

HonorHealth Mountain Vista Medical Center

Effective September 11, 2024, HonorHealth, a large local hospital network, will begin managing Mountain Vista Medical Center, the primary teaching site, and assume full operational ownership. Residents, Fellows, Faculty, and Staff will become employees of the HonorHealth system, effective October 01, 2024.

The Midwestern University GME Consortium will continue as a Sponsoring Institution for these programs. Midwestern University has a long-standing history and relationship with HonorHealth, and we are pleased with this outcome, which will further solidify our partnership.

HonorHealth Mountain Vista Medical Center Family Medicine Residency

We are pleased to announce that the HonorHealth Mountain Vista Medical Center Family Medicine Residency has a new Program Coordinator.

Please welcome Megan Thorstenson!



Megan grew up all over but claims California as her home. She loves to go to concerts, see movies, and plan/host little events for her friends. Additionally, Megan worked with Dr. Smithson (FM PGY-2) as an undergrad at BYU in Utah, which is how she found out about this position. She has worked at Banner in Patient Experience for the past year. She has seven years of background in directing events, so organization, logistics, and understanding who she is “serving” (our residents) are some of her passions.

HonorHealth Mountain Vista Medical Center Gastroenterology Fellowship

We are pleased to announce that the following applicants have been matched into this program:



Qumber Ali, DO

Residency: University of Arizona College of Medicine – Phoenix

Medical School: Touro University Nevada College of Osteopathic Medicine



Daniel Wahlin, DO

Residency: Mountain Vista Medical Center

Medical School: Midwestern University Arizona College of Osteopathic Medicine

HonorHealth Mountain Vista Medical Center Internal Medicine Residency

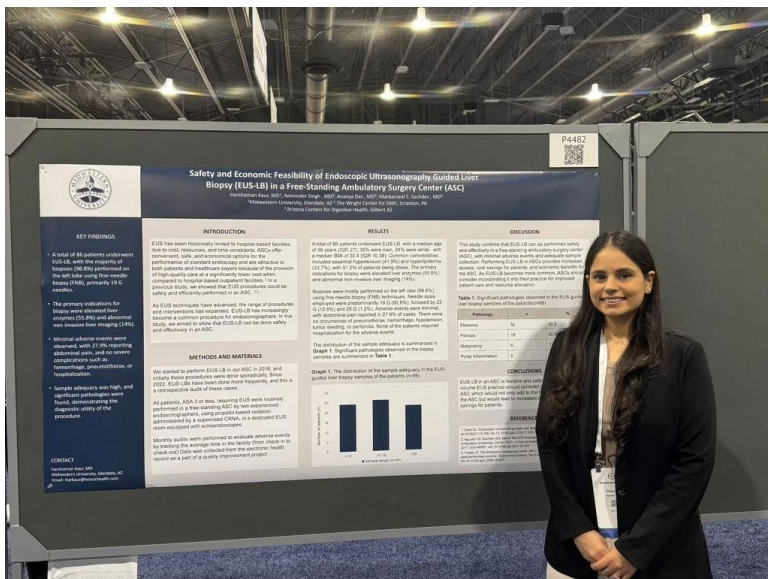
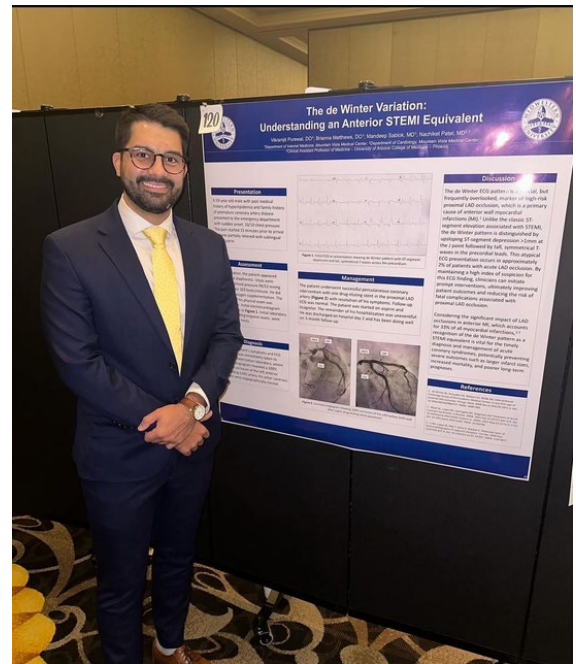
Resident Spotlight



Brianna Felix-Matthews, DO

“I wanted you to know that Dr. Brianna Matthews is awesome. She literally caught an active STEMI and called the cardiologist. The pt was found to have multivessel disease and is being sent for CABG. All because of her. She’s a rockstar!”
-Dr. Harrell

Trainees of the program presented posters at the ACP Conference.



Safety and Economic Feasibility of Endoscopic Ultrasound-guided Liver Biopsy (EUS-LB) in a Free-Standing Ambulatory Surgery Center (ASC)
Henderson Kent, MD, Alexander Sugi, MD, Andrew Cho, MD, Nathaniel J. Schiller, MD, Nathaniel A. Gendron, MD, PhD, The Wright Center for Health, Liberty, MO

KEY FINDINGS

- All of the patients underwent EUS-LB with the majority of lesions (80%) performed on the left lobe using the needle biopsy (NB) approach (34% needles).
- The primary indications for biopsy were elevated liver enzymes (54%) and abnormal non-invasive liver imaging (14%).
- Minimal adverse events were observed, with 2% of the patients requiring pain and anti-nausea medications (such as ondansetron, promethazine, or lorazepam).
- Biopsy adequacy was high, and no patient required a repeat procedure to obtain adequate samples.

INTRODUCTION

EUS-LB has been historically limited to hospital-based facilities due to cost, complexity, and the need for a dedicated EUS-LB team. The goal of this study was to evaluate the safety and economic feasibility of EUS-LB in a free-standing ASC.

RESULTS

A total of 80 patients underwent EUS-LB with a mean age of 60 years (SD 12). 50% were male, 50% were female, and 100% were Caucasian. The majority of patients (80%) had elevated liver enzymes (ALT > 1.5x ULN) and abnormal non-invasive liver imaging (CT or MRI). The majority of patients (80%) had lesions in the left lobe.

CONCLUSION

EUS-LB in an ASC is a safe and effective procedure for obtaining liver biopsies. The procedure is well-tolerated by patients and can be performed in a free-standing ASC, providing a more convenient and cost-effective option for patients.

Midwestern University

ONMM3 Residency



We are thrilled to announce the graduation of Dr. Zachary Whitaker on October 29th, 2024, marking a significant milestone in his professional journey. Before this, Dr. Whitaker earned his degree from the UNTHSC Texas College of Osteopathic Medicine and completed a Family Medicine Residency with HonorHealth.

Dr. Whitaker has been an exemplary resident in the ONMM3 program. His dedication to learning, compassionate patient care, and commitment to osteopathic principles have been evident in every aspect of his work.

Now, as Dr. Whitaker graduates and transitions into his new role as faculty, we are excited about the continued contributions he will make to the program. Dr. Whitaker's deep understanding of ONMM and his hands-on experience will ensure that future osteopathic physicians in our program receive the best education possible.

Please join us in congratulating Dr. Zachary Whitaker on his graduation and welcoming him into his new role as a faculty member. We look forward to the positive impact he will continue to have on the program and the future of osteopathic medicine.

Congratulations, Dr. Whitaker—here's to your bright future as a physician and educator!

Midwestern University ONMM3 Residency



The MWU ONMM3 Residency Didactics have been coordinated with the OMM Scholars to enhance the educational experience. This combination also benefits our resident, Dr. Candelori, who has a twin who appears anxious to absorb his knowledge.



Verde Valley Medical Center Internal Medicine Residency

In a thrilling breakthrough for Verde Valley Medical Center, our resident team—Dr. Shrenil Kevathia, Dr. Hamza Khan, and Dr. Kunal Deora —made history by advancing to the finals of ACP’s [Doctor's Dilemma](#), an intense Jeopardy-style quiz competition for medical residencies. Our residency had never achieved this feat, and our journey proved that dedication, strategy, and team spirit can lead to unprecedented success.

Our journey began with an intense first round where we faced some of the most esteemed institutions, including Mayo Clinic, Creighton, and Northwestern. Determined to make our mark, we surpassed these formidable teams and advanced to a tense tiebreaker against Honor Health and Dignity Health. Victory in this crucial tiebreaker round secured our place in the finals, marking a proud milestone for Verde Valley as we advanced further in the competition than ever before.

This achievement wasn’t by chance. For the first time, our program organized two preparatory "Screening Jeopardy" sessions to select residents for the team carefully. Under the visionary guidance of our Program Director, Dr. Rocca, and the unwavering support of our Chief Residents, Dr. Roshini Pradeep, Dr. Afsheen Moshtaghi, and Dr. Aws Ghanem, we built a foundation of confidence, skill, and clinical expertise. Their support—providing resources, guiding our preparation, and bolstering our team spirit—was instrumental in our success. Their leadership turned our preparation sessions into invaluable learning experiences, allowing us to refine our knowledge and build a competitive edge.

Though we didn’t claim the ultimate victory, our journey to the final round was groundbreaking. This success is a testament to our residency program’s resilience, and we look forward to reaching new heights. Our team’s accomplishment echoes far beyond the competition stage—it’s a reminder that with innovation, collaboration, and unwavering support, we can redefine what’s possible for Verde Valley Medical Center.



Verde Valley Medical Center Internal Medicine Residency



Gender Variations in Atrial Fibrillation Incidence Among the American Indian Population in Northern Arizona

Dr. Juan Vargas, a hospitalist at VVMC, and Dr. Rangadham Nagarakanti, an electrophysiologist, attended the 100th Annual American Heart Association Congress in Chicago, where they presented two studies: "Gender Variation in Atrial Fibrillation Incidence Among the American Indian Population in Northern Arizona" and "Atrial Fibrillation in American Indians: A Comparative Analysis of Characteristics and Anticoagulation Use for Stroke Prevention."



Their research analyzed Native American patients admitted in 2022 and 2023, focusing on gender differences in age, comorbidities, anticoagulation therapy, and type of anticoagulant. The study highlighted significantly lower anticoagulation rates among American Indian patients with atrial fibrillation compared to other races, along with differences in age, coronary artery disease, diabetes, tobacco and alcohol use, and medication regimens.



This study was conducted in collaboration with internal medicine residents Dr. Deora, Dr. Yadav, Dr. Ashraf, and partners from Northwestern University. Their findings will be submitted as a manuscript for publication.

This was the 100th year of the event – a big deal!
[American Heart Association to Celebrate 100th Year in Chicago, Where It All Began](#)

Ombudsperson

Kate Jansen, PhD



KATE JANSEN, PHD

MIDWESTERN UNIVERSITY

Dr. Kate Jansen completed her Ph.D. in Clinical Psychology at the University of Toledo and post-doctoral fellowship in integrated healthcare and health psychology at the University of Mississippi Medical Center. She is currently Associate Professor in clinical psychology at Northwestern University, Glendale (MWU). In her work at Northwestern University, Dr. Jansen developed and oversees the Behavioral Health Consult practicum training for clinical psychology students, providing integrated healthcare services to patients seen at the MWU Clinics. Her research interests include scholarship of teaching and learning, specifically the integration of wellness into course curriculum. She also has research interests in integrated healthcare services, healthcare communication, and sexual health and wellbeing.

BEHAVIORAL HEALTH CONSULTANT

Ombudsperson for
GME Consortium

Well-Being Resident
Champion Advisor

Behavioral Health
Didactics

Well-Being Index
Facilitator



MIDWESTERN UNIVERSITY GME CONSORTIUM
19555 N 59th Avenue, Glendale AZ

MIDWESTERN UNIVERSITY

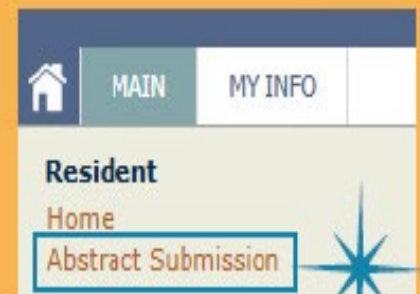
Kenneth A. Suarez Research Day!

Submission via the MWU Portal is Open
February 3rd-28th, 2025

April 11, 2025

SUBMIT AN ABSTRACT TO PRESENT YOUR POSTER AT KENNETH A SUAREZ RESEARCH DAY!

- **JUDGING WILL OCCUR VIRTUALLY**
 - NO IN-PERSON PRESENTATIONS REQUIRED FOR GME
- **ABSTRACTS ARE TO BE SUBMITTED VIA THE ABSTRACT SUBMISSION LINK ON THE MWU CARS PORTAL BY 2/28/25** (as pictured to the right. This is a change from previous years which were submitted via CANVAS.)
 - The link will be under the "Main" Tab
- **POSTERS ARE TO BE SUBMITTED VIA CANVAS BY APRIL 4th** (also accessed through CARS Portal. You must activate your Canvas account prior to submission)



Request for Determination of Human Subjects Research form will be required
prior to submission of any case report.

For CVMC and MWUMC Residents using MWU IRB, the due date for IRB submissions is 1/30/25.

Resources

[AAMC](#)

[ERAS Information for Program Staff](#)

[AMA GME Competency Education Program](#)

[ACGME](#)

[Additional Resources for Coordinators](#)

[Accreditation Data System \(ADS\)](#)

[Learn at ACGME](#)

[FREIDA](#)

[MWU GME Consortium Website](#)

[New Innovations](#)

[Ombudsperson Confidential Reporting](#)

Newsletter Content

Do you have an announcement, accomplishment, photo, reflection, or other content to include in an upcoming newsletter? Please email your submissions to Randie at rsaler@midwestern.edu.

