



Fellowship Training in Gastroenterology

Information for Applicants
Training beginning July 1, 2013



September 1, 2011

Dear Applicant:

Thanks for your interest in training at the University of Kentucky. At just fifty years old, the University's Medical Center is young by some standards. But a half-century of dedication to excellence has created a health care center that's second to none. We're proud that our Digestive Health Program is one of the engines that has propelled that excellence; and at the heart of our mission is the gastroenterology fellowship program. We truly believe that dedication to educational excellence is an essential part of who we are, and in a fundamental way our education program drives our clinical excellence. We hope you'll see in these pages how we've worked to carefully craft a training program that achieves such high standards.

For more information about our gastroenterology training program, please visit our web site at www.mc.uky.edu/gastroenterology/fellowship_program.asp where you'll also find information and links to apply for a position. Or feel free to contact me personally at 859.323.5575 or nickl@uky.edu.

We look forward to reviewing your application.

With best regards,

Nicholas Nickl MD
Professor of Medicine
Fellowship Program Director

THE PROGRAM

As the final launch pad for your professional life, your fellowship training may be the most important decision of your career. Making the right choice usually starts with a thorough examination of the day-to-day structure of the program. While somewhat of an oversimplification, it can be said that most of our fellows' everyday educational experiences fall into three categories: clinical work, didactic learning, and research.

Clinical Experience

The Venues

Fellows work at three different hospital settings, all of which are located on the UK campus. Each setting provides a unique flavor, but with different environments, different facilities, and different patients. The result is a well-rounded experience with a wide breadth of clinical exposure, but which maintains a unity of character due to the close geographic proximity of the three facilities. And all three facilities are staffed by our full-time GI faculty who supervise all services and endoscopy.

UK Chandler Hospital

The primary training venue is Kentucky's flagship medical center, the Albert B. Chandler Hospital. UK Chandler is a traditional academic tertiary-care medical center, and serves as the major referral center for all of central and eastern Kentucky. All physicians with admitting privileges at UK Chandler are members of the UK teaching faculty. As of this writing, UK Chandler is in a state of transition. The new hospital, designated Pavilion A, has been opening in stages since in 2010, with new floors and facilities scheduled to open periodically

through 2015. Meanwhile, the old hospital (Pavilion H) continues to be used for much patient care but will diminish as additional programs move to the new facility.

The two buildings are immediately adjacent and internally connected so patient care services continue to function smoothly during the transition years. The Endoscopy Center is a 7000 square foot facility opened in 1995, and thanks to forward thinking in its design it continues to function smoothly despite

strong growth in both volumes and case complexity since then. Routine as well as advanced procedures are offered, particularly including very active programs in ERCP and EUS. As the first EUS center in Kentucky and still the only one serving Lexington and



University of Kentucky Albert B. Chandler Hospital

east / central Kentucky, the EUS program has maintained steady growth with high volumes of common and advanced EUS procedures. Likewise, UK remains the referral center of choice for the region in all types of ERCP procedures, and is the only center where many advanced ERCP procedures are offered. Space has been designated for a new Endoscopy Center in Pavilion A, and plans are underway to construct a state-of-the-art facility currently scheduled to open in 2014.

Also located within the Chandler campus is an ambulatory care complex which includes the gastroenterology outpatient clinics. All fellows maintain a once-weekly half day continuity care clinic, where a balance of both primary and advanced gastroenterology patients is seen. All types of patients are scheduled for fellows (e.g. fellows do not see only specific types of pathology or specific payer status) and strictly controlled volume caps prevent overloaded fellow clinics, permitting a good learning experience. Fellows are paired with a specific attending physician who staffs all patients, and this staff attending is rotated every 6 months so that the fellows are exposed to a broad variety of teaching styles and content during their 3 years.

UK Good Samaritan Hospital

At the north end of UK's campus is Good Samaritan Hospital. While Good Samaritan is smaller than Chandler, it offers the same level of clinical and academic excellence in a community hospital setting. Patient acuity is somewhat less, although the range of educational pathology makes this a favorite rotation for fellows. They especially enjoy the fact that the somewhat

slower pace permits more prolonged patient contact and greater depth of reading and study. Good Samaritan has a fully equipped endoscopy suite including ERCP, and of course the complete range of tertiary-level care is available just minutes away at Chandler. Finally, a continuous shuttle bus system permits easy staff travel between the hospitals, so that fellows and faculty remain fully integrated into the complete range of Divisional activities without feeling isolated or remote. One or two faculty members maintain continuity outpatient clinics at Good Samaritan's office building, and some fellows occasionally see patients there with faculty physicians.

Lexington VA Hospital

Hospitals of the Veterans Administration have long been a cornerstone of academic medicine in the US, and Lexington's VA hospital is fully engaged in our educational program. The VA hospital is situated within UK's campus and physically joined to the Chandler hospital complex. A referral hospital within the VA system, Lexington's VA has a full range of inpatient and outpatient services. Contract affiliations with UK mean that all the tertiary-level health care services at Chandler are immediately available. The VA has a full-service



in the VA Hospital Endoscopy Suite

endoscopy suite which includes all routine procedures and ERCP. And the outpatient facility, where fellows maintain a weekly continuity clinic, has recently been renovated to provide an excellent environment for patient care and teaching. Faculty physicians are assigned on a rotating basis to staff all outpatient visits at the VA hospital each week.

The Rotations

Each rotation is 1 month. The number of months during the 3 year fellowship for each rotation is carefully controlled to ensure that all fellows receive a broad range of experiences.

UK Gut Consults

Fellows see and follow in continuity GI inpatient consults related to non-hepatology conditions at UK Chandler Hospital. The team includes one or more internal medicine residents and an assigned attending. Daily work and teaching rounds are conducted, and the fellow participates in all endoscopies for those patients.

UK Liver Consults

Fellows see and follow in continuity GI inpatient consults related to hepatology conditions at UK Chandler Hospital, excluding liver transplant patients. All work is supervised by an assigned attending hepatologist. Daily work and

teaching rounds are conducted, and the fellow participates in all endoscopies for those patients.

UK Endoscopy

Fellows perform routine outpatient endoscopy exams at UK Chandler Hospital each morning. A faculty gastroenterologist supervises all endoscopy procedures.

VA Endoscopy and Consults

Fellows perform routine outpatient endoscopy exams at the VA hospital each morning. All endoscopy procedures are faculty supervised. The fellow also sees and follows in continuity all GI inpatient consults at the VA hospital. All work is supervised by an assigned attending. Daily work and teaching rounds are conducted, and the fellow participates in all endoscopies for those patients.



Good Samaritan

Fellows see and follow in continuity GI inpatient consults at UK Good Samaritan Hospital. All work is supervised by an assigned attending. Daily work and teaching rounds are conducted, and the fellow participates in all endoscopies for those patients.

Advanced

Fellows perform activities related to the area of advanced training which has been chosen. Advanced endoscopy

fellows (in ERCP or EUS) perform those procedures under the supervision of advanced endoscopy faculty. Fellows in advanced clinical tracks (hepatology and IBD) or research tracks participate in additional inpatient and outpatient activities related to those disciplines under the supervision of faculty with expertise in these areas.

Selectives

Selectives is a made-up word which designates our “catch-all” rotation. With so many busy months dedicated to direct patient care, we added this rotation to give fellows a chance to relax the pace a bit and devote time to specific topics that might otherwise be missed. Fellows spend time in GI motility, nutrition, GI pathology, GI radiology, and GI pediatrics. Fellows complete at least two selectives months during the fellowship.

Research

Research productivity is essential to any successful GI training experience, and all fellows are required submit at least one grant or co-author at least one peer-reviewed paper or abstract. All fellows successfully meet this requirement. Protected time for research is provided depending on the nature of the project and time requirements. For fellows who plan to pursue a research-centered career, *Advanced* months can also be designated for research.

Didactic Instruction

Learning in the Clinical Setting

Day to day learning in the clinic, at the hospital bedside, and in the endoscopy suite is the cornerstone of any

gastroenterology training program. On the inpatient consult services of all three hospitals, daily teaching rounds are conducted with the designated attending and such residents or students as may be assigned. In the clinics at both UK and the VA, every patient is staffed with a faculty attending. And all endoscopy procedures at all three hospitals are directly supervised by a faculty endoscopist. Regardless of the setting, the emphasis is on formalized instruction rather than just patient care rounds.

Teaching Conferences

Effective learning means coupling patient bedside teaching with structured didactic conferences. These not only provide an in-depth analysis of the conditions seen in the clinical setting, but give an organized coverage of every topic which includes uncommon or atypical conditions that might not be seen in the clinic.

GI Grand Rounds

Our weekly GI Grand Rounds is a required conference for both fellows and faculty, and consists of a rotating conference of four topics. At Fellow Clinical Conference fellows present a discussion of assigned clinical topics. Faculty Basic Sciences Conferences are presented by faculty members and cover an assigned list of basic sciences topics. Pathology Conference is a popular conference at which the director of GI Pathology presents a short overview of a specific disease entity followed by a review of selected interesting cases. And at Research Conference all faculty and fellows are scheduled to present overviews of their research projects or practice oral meeting presentations.

Core Clinical Conference

Our other major weekly required teaching conference for fellows is Core Clinical Conference. Three principle subject headings are covered monthly: Endoscopy Conference, Inflammatory Bowel Diseases Conference, and Hepatology Conference. . Intermittently this Conference series also includes Nutrition Conference, GI Radiology Conference (with a designated Radiology attending), GI Motility Conference, and other topics.

Journal Club

Journal Club is a time-honored tradition in academic medicine. Not only does it explore the most current



medical thinking, but methods for critical literature analysis are emphasized. To maximize the benefit from this very important conference, we hold it one evening per month at the

private homes of our senior faculty (Nickl, de Villiers, and Peña). Despite the somewhat less formal setting, this is a serious conference and attendance is required.

Gut Club

Another time-honored academic tradition in GI Medicine is Gut Club. Approximately every other month major national and international guest speakers are brought to

Lexington for an evening dinner conference, and attendance by community physicians is typically robust. Most commonly these speakers also give a more academically focused GI Grand Rounds presentation to our Division the same day or next day.

Research

Research is a critical part of any academic GI fellowship. To ensure research productivity, fellows work in an area of research interest with a faculty mentor who guides fellow participation in one or more projects. Some fellows become involved in ongoing projects which the faculty member already has underway, and others have successfully launched and completed new independent studies. Productivity in the form of grant, abstract, or manuscript submissions to peer-reviewed fora; all fellows have achieved this, and most enjoy the experience of poster or platform presentations at national meetings.

Abundant opportunities for fellows to participate in ongoing projects are available. Division Director Dr. Willem de Villiers maintains active clinical and basic research in inflammatory bowel diseases, particularly involving macrophage immunology and mucosal inflammatory responses. Another member of the IBD faculty, Dr. Razvan Arsenescu, has recently begun offering a basic research experience for fellows using animal models of IBD, as well as a number of exciting translational studies pertaining to IBD patients. Fellow involvement in these projects allow for knowledge of mucosal and molecular immunology and research methodologies for those interested in pursuing an

academic career in these or other related topics. The hepatology faculty also maintains active research programs in liver diseases, including a number of ongoing studies by Dr. Paul Angulo in non-alcoholic steatosis as well as several studies of treatment in viral hepatitis. In endoscopy and advanced endoscopy, projects involving EUS and ERCP techniques are underway, including active trials of new endoscopic devices and methods. Endoscopy research tends to focus on outcomes methodologies and the impact on public health policy. Finally, fellows have originated a number of novel research projects, including studies involving video capsule endoscopy, colonoscopy preps, and endoscopy informed consent.

With so many active opportunities, fellows never have a problem finding a line of research to investigate.

On-Call Experience and Work Hours

All University of Kentucky medical training programs are fully compliant with duty hours requirements established by the ACGME. In the GI Division call is evenly divided among 9 fellows on a weeknight/weekend schedule, resulting in about 1 night of call every other week and 1 weekend (Friday-Sunday) every other month. All call is taken from home. From an educational perspective, call provides valuable experience in all types of emergency services, particularly emergency endoscopy. All on-call services are supervised by GI faculty, and work rounds are conducted every day on the weekends. An advanced endoscopist is available 24/7 for emergency ERCPs.

Duty hours are closely monitored using an internet-based database, and workloads are well within the standards set the ACGME, providing a vigorous but reasonable training experience.

Advanced Training Options

The UK Gastroenterology Fellowship offers training options in advanced endoscopy (ERCP and EUS) as well as advanced IBD and advanced hepatology. All fellows are expected to pursue advanced training in one of these disciplines.

Fellows interested in advanced endoscopy make that interest known during the interview process or during the first training year. Fellows with demonstrated levels of clinical excellence and endoscopic aptitude are designated to receive training in ERCP or EUS (not both) during the second and third year. To ensure a complete experience, only one fellow per year is accepted for the ERCP track and one for the EUS track.

Fellows desiring training in advanced IBD or advanced hepatology typically become involved in additional clinical experience as well as related research projects some time during the first year or no later than the beginning of the second year. Clinical, basic, and translational research is offered in both IBD and hepatology depending on the fellow's interests and aptitude. We also offer a fourth year of training (post fellowship) in transplant hepatology leading to United Network for Organ Sharing (UNOS) certification.

THE FACULTY

The strength of our educational program lies in our faculty, who take very seriously their educational responsibility. All faculty members participate in ongoing programs to enhance clinical, didactic, and procedure teaching. Our leadership faculty includes:

Willem J.S. de Villiers MD PhD

Division Director



Dr. de Villiers hails from South Africa where he obtained his MD from the University of Stellenbosch. He earned his PhD and completed GI Fellowship training at Oxford University in England, and joined the Faculty at the University of Kentucky in 1996 where he has served as GI Division Director since 2002. His clinical and research interests are in inflammatory bowel diseases and macrophage biology.

Nicholas J. Nickl MD

Fellowship Program Director



Dr. Nickl obtained his MD at the University of Tennessee and completed GI fellowship training at Duke University. He served as Director of Endoscopy for over 20 years at the University of Kentucky prior to becoming Fellowship Director in 2011. His clinical and research interests are in advanced endoscopy, particularly EUS, and in health care delivery. He recently completed his 22nd year on faculty at UK.

Paul Angulo MD

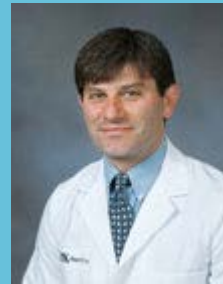
Director of Hepatology



Originally from Mexico City, Dr. Angulo earned his MD from *la Universidad Michoacana de San Nicolas de Hidalgo* and completed fellowship training at *el Instituto Nacional de Ciencias Medicas y Nutricion Salvador Zubiran*. Prior to joining the faculty at the University of Kentucky he was at the Mayo Clinic in Minnesota. His research and clinical interests are in hepatology, particularly non-alcoholic steatosis.

Luis R. Peña MD

Director of Outpatient Clinics



Dr. Peña is from Guatemala, where he earned his MD from Francisco Marroquin University. He subsequently completed his GI fellowship training in advanced endoscopy at the University of Kentucky prior to joining the faculty. He served as Fellowship Program Director until 2011. His research interests are in advanced endoscopy, particularly Barrett's treatments, and hepatitis C.

IN CONCLUSION

Every fellowship applicant has specific career goals and specific expectations for training. We hope we've provided enough information to allow you to determine if the University of Kentucky might be the right program for you. Please don't hesitate to contact us if you need any additional information or have any questions.



works from the University of Kentucky's Albert B. Chandler Hospital art collection