



UCSF Department of Medicine ZUCKERBERG SAN FRANCISCO GENERAL

ZSFG MEDICINE CHIEF RESIDENTS: SUPPORTING OUR LEARNERS

At the beginning of this 2021-2022 academic year, we welcome our three new chief residents. These outstanding, dedicated young physicians are recent graduates of our internal medicine residency program who will help teach, mentor, and support the 180 interns and residents who rotate through the Department of Medicine at ZSFG.

Raphaela Lipinsky DeGette, MD, MS, and Adali Martínez, MD, MPH, will focus on inpatient care, and Andreas Mitchell, MD, MPP, will focus on ambulatory care. In addition to contributing their impressive experience in policy, advocacy, and medical education, they bring fresh ideas for improving care delivery and the residency program.



ZSFG Medicine Chief Residents Adali Martínez, MD, MPP; Raphaela Lipinsky DeGette, MD, MS; Andreas Mitchell, MD, MPH; with Chief of Medicine Neil R. Powe, MD.

Dr. Raphaela Lipinsky DeGette Science and Service

Raphaela Lipinsky DeGette, MD, MS, was six when her mother, U. S. Congresswoman Diana DeGette, was elected to represent Denver in Congress. “Medicine combined my interest in science with my family’s example of service,” she said.

Dr. DeGette earned her bachelor’s degree in community health from Brown University, worked as a research assistant at Louisiana State University Health Sciences Center in New Orleans, then entered the UC Berkeley-UCSF Joint Medical Program, earning her master’s degree in health and medical sciences along with her medical degree. “It was exciting to think about how I could help individual patients while making their lives better on a bigger scale,” she said. Her research has included projects focused on women’s reproductive health and advance care planning.

As a UCSF internal medicine resident in the ZSFG Primary Care Track (SFPC), she appreciated seeing her patients get better over time. She helped one patient simplify his medications and maxi-

mize his inhaler therapy, preventing the need for home oxygen. “Building the relationship and making incremental changes had a huge impact on his quality of life,” said Dr. DeGette. “My mentors reminded me, ‘Be patient. You don’t have to make things better all in one go.’” She enjoys explaining things clearly to patients, often using an app called Simply Sayin’ to draw them pictures of the body.

Dr. DeGette looks forward to teaching medical students and residents. “They bring excitement and curiosity to the work, and it’s so fun to see them discover a passion for medicine,” she said. As San Francisco emerges from the pandemic, she looks forward to reimagining the residency program and care delivery, such as continuing to offer some teaching conferences and clinic appointments virtually. As one of ZSFG’s two inpatient chief residents, she will help organize Grand Rounds and noon conferences. She also wants to improve resident work hours, and hopes to build in an extra day off each month during inpatient rotations. In addition, she is involved in advoca-

cy to rethink the role of security and policing at UCSF hospitals.

Besides medicine, Dr. DeGette enjoys knitting, sewing, and backpacking. She is married to John Fisher, an affordable housing developer. Together they take frequent hikes with their Bernedoodle. In the future, she plans to continue working in academic primary care with vulnerable patients, while remaining engaged with teaching, advocacy, quality improvement, and population health.

“At the General, the staff, physicians, and leadership are all here because of the mission,” said Dr. DeGette. “I absolutely love the patients who come here, and I’m honored to care for them.”

Dr. Adali Martínez Translating Research into Policy

Adali Martínez, MD, MPH, grew up in the Barrio Logan neighborhood of San Diego. “It’s a very tight-knit, low-income Latinx community, similar to the Mission District,” she said. “Seeing health

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care disparities in my own family prompted me to learn more about the social determinants of health.”

She earned her bachelor’s degree in neuroscience from the Johns Hopkins University and her master’s degree in public health from UC Berkeley. For her master’s thesis, she found that physicians who accepted a free meal from pharmaceutical companies were more likely to prescribe brand-name over generic medications, despite no clinical benefit. Dr. Martínez wrote a policy analysis, co-authored a California Senate bill to limit these kinds of interactions, and testified before the California State Senate Committee on Health. “It’s important to take academic research and translate it in a way that legislators can understand,” she said.

Dr. Martínez completed her medical degree and internal medicine residency at UCSF. With Neeta Thakur, MD, Assistant Professor in the ZSFG Division of Pulmonary, Critical Care, Allergy and Sleep Medicine, she conducted research showing that Adverse Childhood Experiences (ACEs) are associated with worse asthma symptoms and outcomes. She and her co-residents also built an Epic discharge planning tool that integrates relevant information into one report accessible to the entire multidisciplinary team.

Throughout her training, Dr. Martínez championed diversity, equity, and inclusion (DEI). She was a co-founder of White Coats for Black Lives, served in leadership roles for the Latino Medical Student Association, and co-chaired the UCSF Internal Medicine Residency Diversity Committee. She helped develop the Antiracism in Medicine Curriculum Series and the Anti-Racism Symposium. “It was an opportunity for residents to work towards figuring out how we can dismantle structural racism in clinical medicine, medical education, and research,” she said.

In addition to serving as a ZSFG inpatient chief resident, Dr. Martínez will be the DEI chief resident across all three hospital sites, and the point person for residency program recruitment. She is applying for pulmonary and critical care medicine fellowships; her long-term plans include combining her interests in pulmonary medicine, health disparities research, and policy development at the hospital, local, and state levels.

Her advice to interns? “I keep a ‘treasure box’ with thank you notes from patients and my own memories of meaningful interactions,” said Dr. Martínez. “When I’m having a tough time, I go through the box. It helps center me and reminds me why I chose medicine.”

Dr. Martínez performs traditional Mexican folk-dance with Los Ensembles Ballet Folklórico de San Francisco, and can sometimes be found practicing near the hospital rooftop garden. She is married to Joe Steinberger, a high school teacher. They are proud parents of an infant son. “At every level, the energy and passion at the General carries us through and helps us provide excellent, evidence-based care to our patients,” said Dr. Martínez.

Dr. Andreas Mitchell Strategic Advocacy

Andreas Mitchell, MD, MPP, grew up near Baltimore, where two neighborhood doctors cultivated his interest in medicine. He earned his bachelor’s degree in anthropology from Washington University and his medical degree and master’s degree in public policy from Harvard, then completed the ZSFG Primary Care Track (SFPC) of the UCSF internal medicine residency program.

In addition to building relationships with his primary care patients, he was inspired to work with the San Francisco Department of Public Health’s Street Medicine Team. “One young patient had advanced heart failure, mental illness, and substance use that made it hard to take his medications and keep appointments,” said Dr. Mitchell. “Working with an extraordinary multidisciplinary team that saw him whenever he dropped into clinic, we kept him healthy and out of the hospital.”

Dr. Mitchell spent much of his training focused on advocacy. “The major barrier to a lot of important social policy is not the lack of good ideas, it’s the lack of political power,” he said. “Speaking with a majority voice is much more effective than individual advocacy.” As a medical student, he helped register voters at a community health center. He currently serves as Regional Vice President for Northern California for the Committee of Interns and Residents-SEIU, the labor union representing UCSF and ZSFG housestaff, “It’s a privilege to help my co-residents advocate for what

they need at work, and to support social justice issues like immigration reform and universal health insurance,” he said.

Last year he helped deepen the SFPC advocacy curriculum. “I’m passionate about taking people’s energy around advocacy, and making it as strategic as possible,” said Dr. Mitchell. “The political process can be complicated to navigate, and I wanted to make it accessible.”

As the ZSFG ambulatory care chief resident, Dr. Mitchell will see primary care patients, precept residents in clinic, and oversee ambulatory curriculum and case conferences. “I have a lot of excitement for primary care, and I want to share that with others,” he said. He is also the well-being champion for the residency program. “Residency can be really hard, and I want everyone to have the best experience and be as healthy as possible,” he said. “Personally, I encourage new interns to get outside. It’s so rejuvenating, especially in a beautiful place like San Francisco.”

Dr. Mitchell takes his own advice, hiking with his wife, UCSF gastroenterology fellow Maria Duarte, MD, and walking their Goldendoodle puppy. He looks forward to applying for primary care positions that will allow him to care for vulnerable patients and continue his advocacy work.

“Sometimes people who work in the safety net can feel burned out, but when you’re in a culture like the General where everyone is so committed to the work, it gives me a lot of life,” said Dr. Mitchell.

Elizabeth Chur

Editors: Neil Powe, Laurae Pearson, Brooks Bigart

SPOTLIGHT

Faculty and Staff Honors and Appointments

Diane Havlir, MD, Division of HIV, Infectious Diseases, and Global Medicine, was named Director of the UCSF AIDS Research Institute (ARI).

Anna Chodos, MD, Division of General Internal Medicine, and **Lucas Zier, MD**, Division of Cardiology, were announced as 2021/2022 Kaizen Promotion Office physician fellows.

Leonard Telesca, Division Manager of the Lung Biology Center at ZSFG and UCSF Division of Pulmonary, Critical Care, Allergy & Sleep Medicine, will continue to serve as division manager of the UCSF Health Division of Infectious Diseases.

Andrew Kim, MD, Mphil, Division of General Internal Medicine and **Jillian Kadota**, Division of Pulmonary and Critical Care, were announced as winners in the DOM 2nd Annual Poetry Contest 2021. Read the winning poems here: <https://dom.ucsf.edu/dom-2nd-annual-poetry-contest-2021>