



# Fellows Track Symposium

ATS  
2016  
MAY 13-14

San Francisco CALIFORNIA



*We help the world breathe®*  
PULMONARY • CRITICAL CARE • SLEEP

# The Program



Deborah Shure, MD  
Course Director



Carolyn Welsh, MD  
Pulmonary Co-chair



Neil MacIntyre, MD  
Critical Care Co-chair



Barbara Phillips, MD,  
MSPH, FCCP  
Sleep Co-chair



James Chmiel, MD, PhD  
Pediatric Co-Chair

## OVERVIEW

The ATS Fellows Track Symposium (FTS) provided 225 pulmonary, critical care and sleep (adult and pediatric) fellows who were enrolled in an ACGME-accredited, U.S. training programs with an orientation to the sessions most relevant to them at the ATS 2016 International Conference.

The program was led by course director Deborah Shure, MD, who focused on the Society's three pillars—pulmonary, critical care and sleep medicine—to provide fellows with a comprehensive introduction to the ATS 2016 International Conference. Dr. Shure identified three topic co-chairs: Carolyn Welsh, MD (pulmonary topics), Neil MacIntyre, MD (critical care topics), Barbara Phillips, MD, MSPH, FCCP (sleep topics), and introduced a full day of pediatric topics moderated and co-chairs by Dr. James Chmiel, MD, PhD.

The program content provided fellows with a rigorous foundation that supported and incorporated critical learning and self-reflective educational pathways to enhance their ability to

undertake practice improvement and strive for better patient outcomes.

This year the FTS program included 23 faculty presentations, an adult and pediatric track, and 4 break out sessions on clinical issues related to the diagnosis and treatment of a variety of pulmonary, critical care and sleep disorders, including asthma, sepsis, lung cancer, cystic fibrosis, and sleep.

FTS participants had the opportunity to interact with faculty speakers and other leading experts in pulmonary, critical care and sleep medicine in informal settings during meals and breaks, allowing fellows to ask questions about the lectures they attended, as well as to obtain guidance and advice.

The ATS provided travel scholarships to fellows through core budget funds with additional generous support in part from Genentech. Additionally, the ATS gratefully acknowledges educational grants from Actelion Pharmaceuticals US, Inc., AstraZeneca LP, Boehringer Ingelheim Pharmaceuticals, Inc., and Sunovion Pharmaceuticals, Inc. in support

of the Fellows Track Symposium. In-kind support was generously been provided by FUJIFILM SonoSite, Inc.

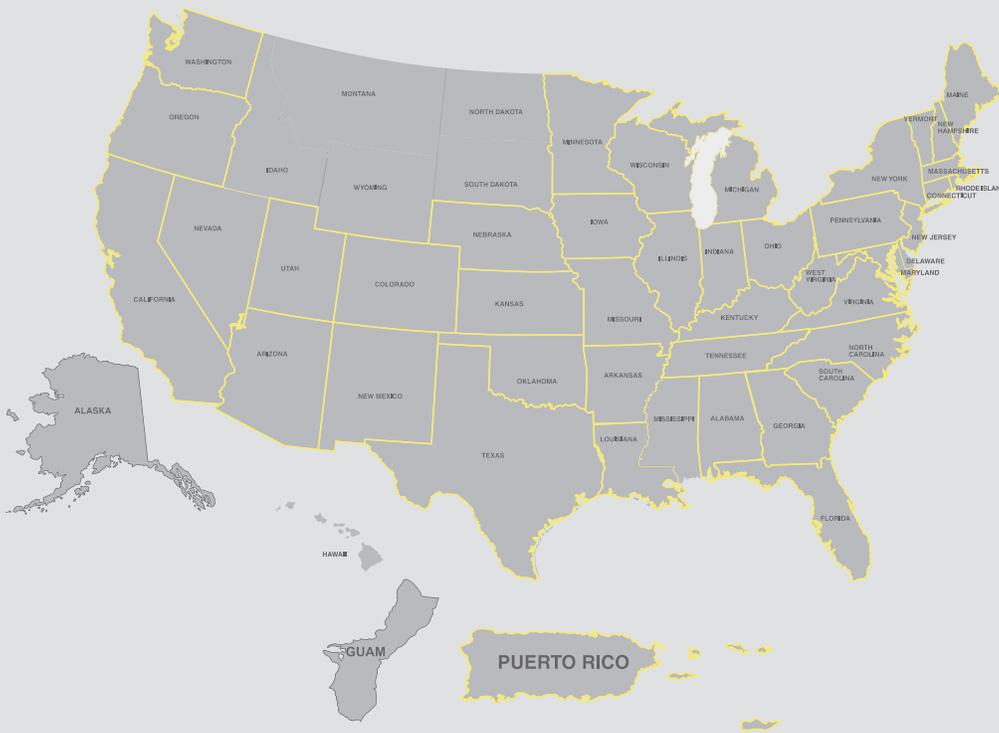
## PROGRAM OBJECTIVES

The 2016 FTS allowed fellows to:

- Maximize their educational experience of pulmonary, critical care and sleep at ATS 2016;
- Synthesize and discuss current and emerging trends in the pathogenesis, diagnosis, and treatment of pulmonary, critical care and sleep medicine;
- Integrate up-to-date, cutting-edge information into the diagnosis and management of clinical care pathways in pulmonary, critical care and sleep medicine;
- Interpret clinical implications of case studies reviewed during expert panel discussions;
- Utilize enhanced core competencies in pulmonary, critical care and sleep medicine to improve patient care; and
- Apply new skills, standard-of-care clinical behaviors and evidence based best practices in their daily medical practice.

## FTS QUICK FACTS

- 225 scholarship pulmonary, critical care and sleep fellows
- 23 faculty members
- Representation from 163 ACGME-accredited, U.S.-based training programs
- Fellows from 41 U.S. states and 1 U.S. territory



### PROGRAM MARKETING

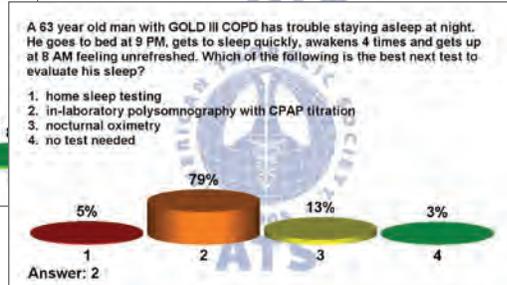
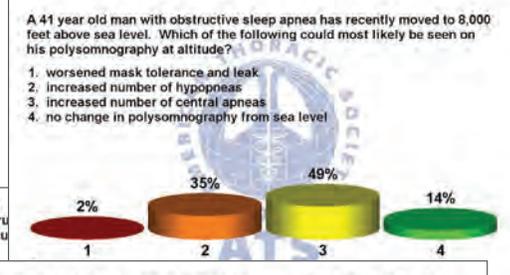
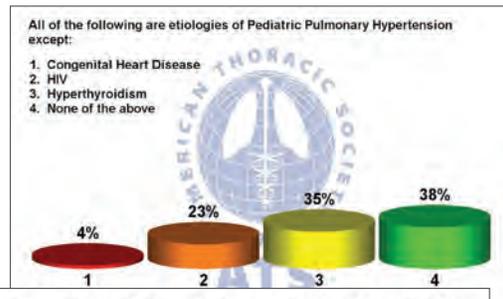
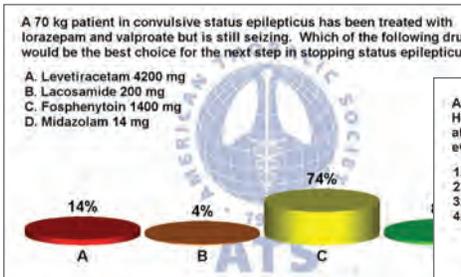
- *ATS News* April 2016 profile
- *ATS 2016 Daily Bulletin* while onsite in Denver
- Postings on ATS Facebook and Twitter pages, as well as e-mail messages to all members and conference attendees
- Full page ads in the *ATS Clinician's Guide* and the *ATS Final Program*
- Banner ads on the ATS website homepage
- *ATS Stat*
- Banners and signage throughout the Moscone Center
- Email communications to over 500 fellowship program directors

### PROGRAM OUTCOMES

- 98% of fellow participants ranked the content of the FTS as "excellent or good"
- 99% of fellow participants ranked adherence to meeting objectives as "excellent or good"

### AUDIENCE RESPONSE SYSTEM (ARS) HIGHLIGHTS

Again this year the FTS was able to provide Audience Response System (ARS) to the program. ARS consists of small electronic keypads that allow learners to answer pre and post test questions as well as translates feedback into charts and graphs that can display results in real-time. This allowed faculty to confirm understanding of key points immediately and increase knowledge retention, while creating a fun and interactive learning environment.



“This was the first time that I get the privilege of been selected to participate in ATS Fellows Track Symposium. Last year my co-fellow who attended the FTS spoke very highly of the course and encouraged me to attend, and he was right. The amount of knowledge that I learned during this two day fellow course was simply unmatched throughout my fellowship. The quality of the lectures and presentations is the best that you can get, it approached the common topics from different angles, provided new dimension to commonly reviewed topics and best of all reviewed the up to date evidence based new advances in each and every topic, with great emphasis on where we are heading in the new eras of lung cancer diagnosis and treatments, COPD treatment, etc...Another positive of the program is facilitating the chance to interacting with fellows from other programs and networking with them; it gives you perspective on your progression in comparison to your peers and provides a great opportunity to discuss career goals.”

– **Yousef Al-Ahwel, MD**  
University of Toledo Medical Center



# FTS Agenda

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**FRIDAY, MAY 13, 2016**

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## Adult Track

*Severe Asthma—Definitions and Treatment Options*  
James Donohue, MD  
University of North Carolina at Chapel Hill

*New Paradigms in Lung Cancer Screening, Diagnosis and Treatment*  
James Jett, MD  
University of Colorado

*Diagnosis of OSA*  
Carolyn Welsh, MD  
University of Colorado

*Managing Severe Hypoxemia*  
Neil MacIntyre, MD  
Duke University

*ECMO and Ventricular Assist Devices in the ICU*  
Erik Osborn, MD

*Management of OSA as a Chronic Disease*  
Barbara Phillips, MD, MSPH, FCCP  
University of Kentucky

*Clinical Trial Design—Understanding Trial Results*  
Deborah Shure, MD

## Pediatric Track

*Bronchopulmonary Dysplasia*  
Christopher Baker, MD  
The Children Hospital

*Severe Asthma*  
Carolyn Kercksmar, MD  
Cincinnati Children's Hospital Med Center

*Sleep in Children—Diagnostic and Therapeutic Issues*  
Catherine Kier, MD  
Stony Brook University

*Interstitial Lung Disease in Children*  
Robin Deterding, MD  
University of Colorado  
Children's Hospital of Denver

*Primary Ciliary Dyskinesia*  
Margaret Leigh, MD  
University of North Carolina at Chapel Hill

*Pulmonary Arterial Hypertension*  
Jeffrey Fineman, MD  
University of California

*Cystic Fibrosis in Children*  
James Chmiel, MD, PhD  
Rainbow Babies and Children's Hospital School of Medicine

### Break Out Sessions

*Ventilator Problems Unraveled*  
Neil MacIntyre, MD  
Duke University

*Sleep in Women*  
Barbara Phillips, MD, MSPH, FCCP  
University of Kentucky

**SATURDAY, MAY 14, 2016**

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*Welcome to the ATS*  
Jeremy Richards, MA, MD—Vice Chair of the MITT Committee

*Interstitial Lung Disease—Diagnosis and Management*  
David Lederer, MD  
Columbia University

*COPD—Advances in COPD*  
Bartolome Celli, MD  
Brigham and Women's Hospital

*Sarcoidosis: New Understandings*  
Lisa Maier, MD  
Natl Jewish Health

*Issues in the Management of Sepsis*  
Mitchell Levy, MD  
Rhode Island University

*Perioperative Management of Sleep Disorder Breathing*  
Frances Chung, MD  
University of Toronto

*Neurological Emergencies in the ICU*  
Thomas Bleck, MD  
Rush University Medical Center

*Interventional Pulmonology*  
Atul Mehta, MD  
Cleveland Clinic

*Pulmonary Arterial Hypertension—Management Options*  
Paul Hassoun, MD  
Johns Hopkins University

### Break Out Sessions

*Pulmonary Rehabilitation—Who, When & How*  
Bartolome Celli, MD  
Brigham and Women's Hospital

*Obesity Hypoventilation*  
Carolyn Welsh, MD  
University of Colorado

# ATS Three Pillars:

# Pulmonary



"It was very helpful to have a lecture on clinical trials design as formalized teaching on critical appraisal by a very knowledgeable researcher. This will improve my ability to critically appraise the literature, as well as improve the education that I provide on study design and implementation for future resident teaching. The discussion surrounding 'placebo effect' was very illuminating. The leadership and enthusiasm modeled by lecturers and mentors at the Fellows Symposium encourage me to model their behavior. Lectures provided to assist us to better navigate the ATS Conference to target high-yield lectures and networking opportunities will allow me to take full advantage of the ATS 2016 conference."

– Cheryl Laratta, MD  
University of Alberta



"This year I was offered the opportunity to attend the fellows track symposium by my program director. I did not expect to be nominated as I am a graduating fellow and I only have 2 months left to graduate. My program director however assured me that the program will be a great learning opportunity regardless of my level of training. I found the pulmonary topics discussed at the symposium extremely valuable. National experts discussed difficult, controversial, and up-to-date aspects of the most commonly encountered pulmonary diseases including asthma, COPD, interstitial lung disease, lung cancer and pulmonary vascular diseases. Additionally, a thorough introduction to a relatively new field of pulmonary medicine—interventional pulmonology was included. Only two months away from practicing pulmonary medicine independently I was fascinated by specific aspects of disease management presented by the experts that are not commonly applied in other facilities in the country including the choice of inhalers in COPD, and the fact that inhaled steroids are overused in many general pulmonary practices, the different choices in managing severe asthma, and the importance of reaching a confident diagnosis in interstitial lung disease before empiric therapy is started."

– Nour Assad, MD

University of New Mexico Health Sciences Center School of Medicine

# ATS Three Pillars:

# Critical Care



“Just days before I arrived to San Francisco, our ICU team initiated a patient on ECMO. This modality is a new endeavor for our hospital within the last year and our efforts to improve its utility are increasing. The ECMO lecture, for me, was a highlight of the first two days. Not only was the content and the delivery exceptional, but personally this is an area that I would like to expand my knowledge and what I learned at FTS helped with that. I found myself incorporating what I was hearing and thinking of how that might be helping the patient that I knew was currently on ECMO while I was attending this conference. ECMO will only continue to grow in its applicability in the ICU over time so this aspect of the program had a great impact.”

– Eileen Bishop, DO  
Dartmouth Hitchcock Medical Center



“Dr. Maier’s session: Sarcoidosis: New Understandings in Treatments and Management was the final session from the FTS that I found particularly applicable to my daily practice. My outpatient clinic has a large number of sarcoid patients. The management of these patients can be difficult as there are few treatments available and the data to guide management is lacking. I found the information on cardiac sarcoid to be extremely helpful. I am currently concerned that one of my patients is suffering from cardiac involvement from her sarcoid. I had considered referring her to our cardiologists for a potential cardiac biopsy. However, after this session, we have chosen a different management route and referred her for a cardiac PET scan instead. The knowledge gained from the sessions that I attended has already led to improvements in care of my patients.”

– Charles Austin, MD  
University of North Carolina

# ATS Three Pillars:

# Sleep



“Dr. Welsh’s lecture on obstructive sleep apnea discussed how to make the diagnosis of obstructive sleep apnea and went over the evidence for some of our screening questionnaires such as the Epworth Sleepiness Scale and the STOPBANG, two questionnaires I routinely use in our sleep medicine clinic. However, she also went over the physiology of sleep apnea at higher altitudes and the data on the higher mortality seen in patients with CHF using adaptive servo-ventilation; two topics I knew little about. I can say that her discussion has prompted me to start asking my sleep clinic patients about any history of CHF prior to choosing what CPAP therapy to start.”

– **Christopher Barrios, MD**

Wake Forest University Baptist Medical Center



“Dr. Philips’s OSA management lecture taught me a great deal in very easy to follow, simplified way how to manage OSA as outpatient, as my fellowship training is rather critical care heavy with lack of adequate sleep training. Initial dosing of CPAP level based on BMI and how to follow treatment response with ESS, blood pressure, mask fit and leak were all useful information that I can use in my everyday practice.”

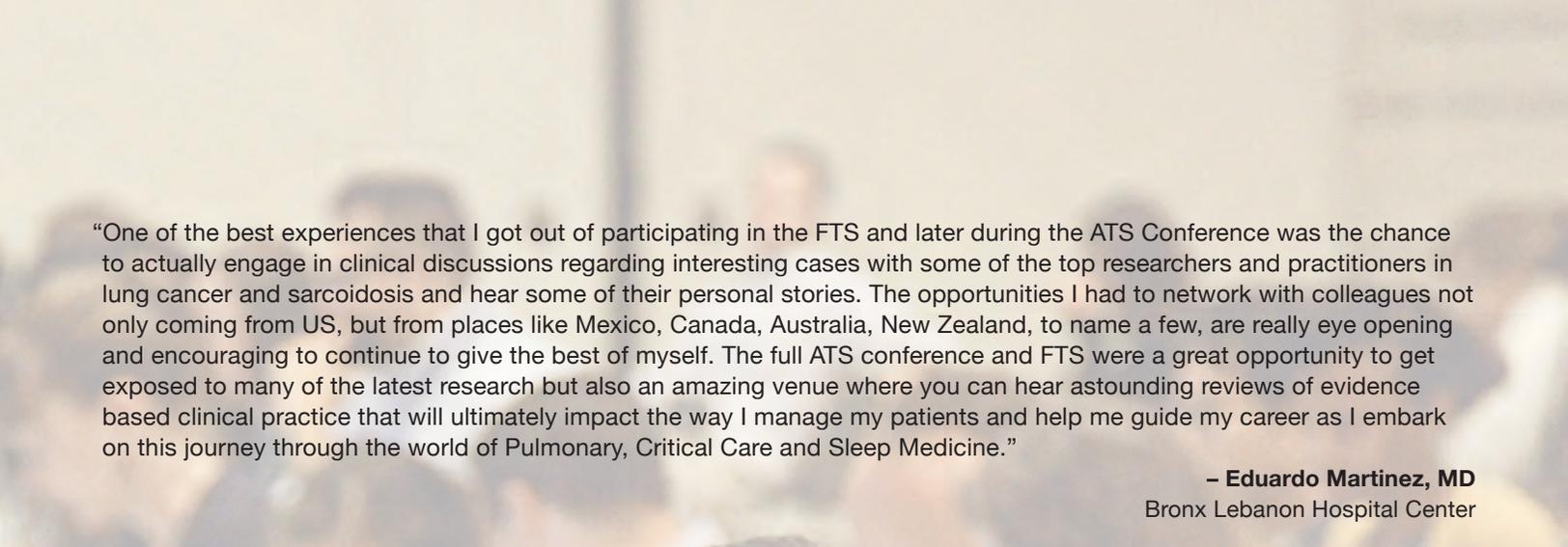
– **Yunhee Im, MD**

Baylor University Medical Center

“Every pulmonologist should have sufficient sleep medicine knowledge and exposure as sleep medicine is inseparable from pulmonary medicine. The topics discussed were all clinically relevant. Those were the topics encountered in my day-to-day inpatient and outpatient practice. Sleep in women was a well presented lecture of an under discussed, yet very important topic.

– **Nour Assad, MD**

University of New Mexico Health Sciences Center School of Medicine



“One of the best experiences that I got out of participating in the FTS and later during the ATS Conference was the chance to actually engage in clinical discussions regarding interesting cases with some of the top researchers and practitioners in lung cancer and sarcoidosis and hear some of their personal stories. The opportunities I had to network with colleagues not only coming from US, but from places like Mexico, Canada, Australia, New Zealand, to name a few, are really eye opening and encouraging to continue to give the best of myself. The full ATS conference and FTS were a great opportunity to get exposed to many of the latest research but also an amazing venue where you can hear astounding reviews of evidence based clinical practice that will ultimately impact the way I manage my patients and help me guide my career as I embark on this journey through the world of Pulmonary, Critical Care and Sleep Medicine.”

– Eduardo Martinez, MD  
Bronx Lebanon Hospital Center



“The 2016 Fellows Track Symposium (FTS) and the American Thoracic Society (ATS) International Conference were a fantastic opportunity to gain important new knowledge about the field in which I am training and practicing. These sessions have also provided an invaluable opportunity for networking and collaboration with other investigators and clinicians in fields of mutual interest. I am confident that the knowledge gained at the FTS and conference will serve me well in the coming years as both an investigator and a pulmonary and critical care clinician.”

– Sean Levy, MD  
Harvard, Massachusetts General Hospital/  
Beth Israel Deaconess Medical Center

# Ultrasound Hands-On Demonstration

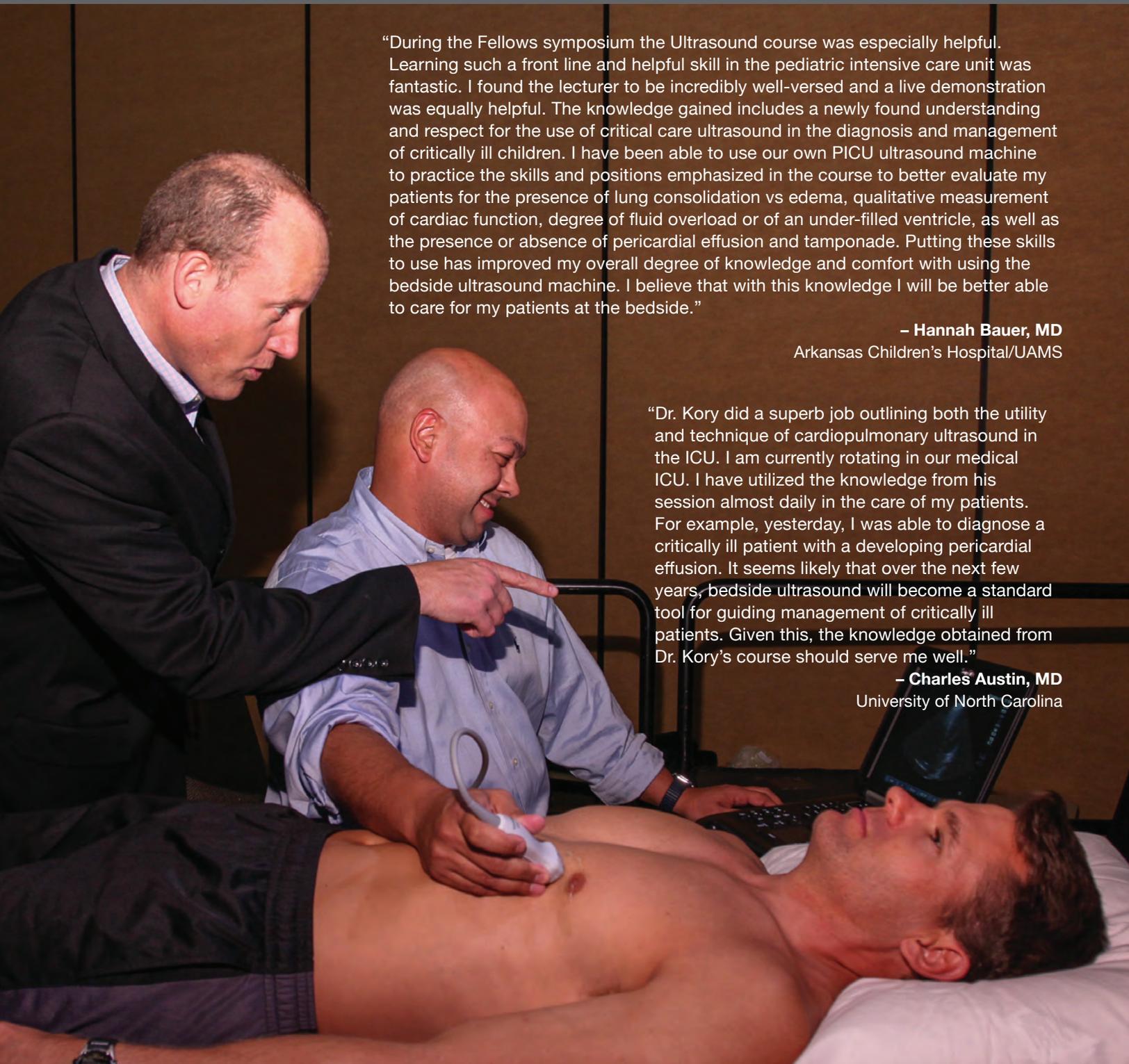
The Friday night keynote talk was presented by Pierre Kory, MD, Pulmonologist at University of Wisconsin – Madison, who discussed and demonstrated ultrasonography techniques and their use in critical care.

“During the Fellows symposium the Ultrasound course was especially helpful. Learning such a front line and helpful skill in the pediatric intensive care unit was fantastic. I found the lecturer to be incredibly well-versed and a live demonstration was equally helpful. The knowledge gained includes a newly found understanding and respect for the use of critical care ultrasound in the diagnosis and management of critically ill children. I have been able to use our own PICU ultrasound machine to practice the skills and positions emphasized in the course to better evaluate my patients for the presence of lung consolidation vs edema, qualitative measurement of cardiac function, degree of fluid overload or of an under-filled ventricle, as well as the presence or absence of pericardial effusion and tamponade. Putting these skills to use has improved my overall degree of knowledge and comfort with using the bedside ultrasound machine. I believe that with this knowledge I will be better able to care for my patients at the bedside.”

– **Hannah Bauer, MD**  
Arkansas Children’s Hospital/UAMS

“Dr. Kory did a superb job outlining both the utility and technique of cardiopulmonary ultrasound in the ICU. I am currently rotating in our medical ICU. I have utilized the knowledge from his session almost daily in the care of my patients. For example, yesterday, I was able to diagnose a critically ill patient with a developing pericardial effusion. It seems likely that over the next few years, bedside ultrasound will become a standard tool for guiding management of critically ill patients. Given this, the knowledge obtained from Dr. Kory’s course should serve me well.”

– **Charles Austin, MD**  
University of North Carolina



# What impact did the FTS have on a Pediatric Fellow?

“The Fellow Track Symposium, in particular the pediatric track was star-studded, with lectures conducted by experts in their field. I particularly enjoyed Dr. Deterding’s talk on interstitial lung diseases and I plan to incorporate her GAPS+ mnemonic into my clinical practice. I also enjoyed Dr. Chmiel’s talk on cystic fibrosis in children and most specifically on his work with ibuprofen and its effect on lung function in children with CF. My favorite talk was probably the lecture on pulmonary hypertension, a disease that still confounds me, but was certainly made clearer.”

– Jonathan Cogen, MD

Seattle Children’s Hospital, University of Washington



## How did attending the FTS improve patient care?

"I left San Francisco with good memories of FTS 2016 and ATS international conference. I was recharged with the information and updates in the field of pulmonary medicine, sleep and critical care. The knowledge that I obtained during FTS and the conference is very useful in patient care. FTS is very important to the fellows from community hospital like ours which lack the resources the University hospital has. We already started the knowledge gained in ATS conference and FTS 2016. We are now using point of care ultrasound more often than before and that has benefited the patients. I reviewed the presentation from FTS 2016 with my attendings and fellow colleagues and received a positive feedback. Thank you ATS for the opportunity, See you in ATS 2017 in DC."

– **Saroj Kandel, MD**  
Interfaith Medical Center

"The knowledge I gained from the FTS is directly applicable in improving care for my patients. For instance, one of the speakers discussed his program's home ventilator plan for transition of care and my co-fellow and I found it so useful that we immediately discussed it with our attending's at our home institution. The experience was very helpful in highlighting important issues within pediatric pulmonology and providing insight and room for discussion."

– **Marilynn Chan, MD**  
University of California San Diego/  
Rady Children's Hospital



# How did attending the FTS improve your overall conference experience?



## Friendly General Advice for Trainees

1. You need to read every day.
2. Read reviews and West books to start.
3. Identify a mentor eg PubMed, <http://reprints.nih.gov/>
4. Join professional societies e.g. ATS
5. If you want to stay in academics, try to aim for grant funding—you can eventually change your mind.
6. Don't forget about moonlighting.
7. NIH has loan repayment programs (LRP) <http://www.frp.nih.gov/index.aspx>

“Attending the ATS Fellows Track Symposium was a wonderful experience and I am very thankful for being selected to participate. This symposium is one for which I would recommend to all my junior fellows to attend and the reason is for the wealth of information that is condensed in an organized fashion. The knowledge gained during this track encompasses a wealth of pulmonary and critical care concepts explained by the experts of the field, which is definitely a great experience. To be able to interact and ask questions to the great minds not only made the experience more enjoyable but also made the themes easier to understand.”

– Daniel I. Zapata, MD  
Lenox Hill Hospital-Northwell Health

# Thank you

## to the FTS supporters

"I would like to begin by thanking the ATS and all the sponsors for providing me with the opportunity to attend the Fellows Track Symposium. I will be able to use the knowledge I gained both from the Fellows Track lectures as well as the ATS International Conference in my clinical practice as a pediatric intensivist as well as in my research career...The Fellows Track Symposium and the ATS International Conference provided me with a number of learning opportunities that helped expand my knowledge both as a clinician and as a researcher. These learning opportunities have shaped my practice and will make me a better physician for my patients. Again, I thank ATS and all of the sponsors for providing me with this opportunity."

– **Melanie Kitagawa, MD**; Texas Children's Hospital Baylor College of Medicine

"Attending the Fellows Track Symposium at the ATS 2016 Conference in San Francisco is one of the highlights of my pulmonary and critical care medicine fellowship, indeed, one of the highlights so far in my entire career in medicine. I consider myself extremely lucky to have been selected to attend the symposium and listen to some of the giants in the different fields in pulmonary and critical care medicine."

– **Christopher Barrios, MD**; Wake Forest University Baptist Medical Center

"ATS is for everyone, I believe a busy clinician like me who takes care of patients all day and a busy scientist who spends most time doing translational research. It is very important to keep this balance intact so that everyone can enjoy ATS and be up-to-date with modern medicine. In the end please accept my heartiest congratulations for putting up another wonderful FTS and the organizers and supporters must be appreciated and acknowledged. I am looking forward to be part of ATS for the rest of my career. Thank you again for this scholarship. FTS should continue as it is a great tool for all the young physicians and has a very positive outcome in our careers."

– **Mohsin Ijaz, MD**; Montefiore Medical Center

"I would first like to take this opportunity to express my gratitude and sincere thanks to the ATS and all of the sponsoring organizations that made the Fellows Track Symposium (FTS) possible. It was an amazing experience. It was wonderful to see that even though Pediatric Pulmonology is a small field, it is very well represented, and the field in a period of great growth and increased knowledge and understanding of disease."

– **Nicholas Friedman, DO**; The Children's Hospital of Philadelphia

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# Fellows Track Symposium

American Thoracic Society International Conference  
May 13-May 14 San Francisco, California

For more information on ATS Fellow Programs, please contact:

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Visit the Career Development Center

<http://thoracic.org/education/career-development/index.php>

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