



Special points of interest

- Faculty Development
- Compliments & e-Recognitions
- Department Celebrations
- CME News
- National Recognitions
- Fellowship Placement
- Scholarly Work & Advocacy



From the Editor

Milestones in Medical Education Newsletter Turns 15!!



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This **January** issue of *Milestones in Medical Education* marks the beginning of the 15th year of the Newsletter.

The year 2025 is the beginning of a year full of milestones in our missions from clinical care, to successes, to medical education. The year 2025 marks the **75th anniversary of Nicklaus Children's Hospital** (in March 2025), the **60th anniversary of the annual Pediatric Post-Graduate Course (PPGC)**, and the **15th anniversary of the Milestones in Medical Education Newsletter**; our department of Medical Education's newsletter. This issue comes at a time in the academic year when the time off during the Holidays provides an opportunity for our trainees to re-charge and feel that the count down for their academic year started.

This issue features several milestones achieved by our trainees, faculty, and institution in the past two months and

looks forward at a new 2025 year and what is yet to come.

I hope you enjoy this issue of *Milestones in Medical Education* which highlights the following milestones:

- ◆ Our trainees continue to receive e-recognition and compliments from peers and hospital staff & faculty for their performances
- ◆ Trainees and faculty continue to disseminate their scholarly work in peer-reviewed print
- ◆ Nicklaus Children's Hospital trainees and faculty continue to represent the institution at several national roles through presentations, workshops, and abstracts
- ◆ The 60th Annual Pediatric Post-Graduate

Course (PPGC) is being launched.

- ◆ Medical Education and its trainees celebrate the Holidays and welcome the New Year.
- ◆ Nicklaus Children's Hospital receives new national recognitions and designations as center of excellence.

As we enter this new calendar year, we are excited to celebrate our anniversaries, our routine yearly celebrations (Graduation, Scholarship Week), and our educational/ CME activities. Happy reading & Happy New Year 2025!!

Rani S Gereige, MD, MPH,
FAAP - DIO



Milestones in Faculty Development

Nuts & Bolts: Promote Understanding of Learning Styles in Self-Study

The *Academic Pediatrics* Journal started a micro-faculty development section called “Nuts & Bolts”. In each of the Milestones in Medical Education Issues, we will begin featuring

one of the Nuts & Bolts short articles or snip-its from the articles.

Promote Understanding and Assess Learning Styles

NUTS AND BOLTS

Promote Understanding of Learning Styles in Self-Study



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On Behalf of the Association of Pediatric Program Directors Faculty and Professional Development Learning Community

Promote Understanding of Learning Styles in Self-Study

Education is not the learning of facts, but the training of the mind to think. – Albert Einstein

IN THIS EDITION:

- Apply the VARK tool to understand learning types
- Support an efficient, effective approach to Board preparation
- Encourage adaptation to one’s lifelong learning



You are advising a 2nd year resident who asked to review their ABP In-Training Exam results. They have performed very well clinically but found it difficult to translate didactics and self-study into better test results. They have had no prior academic difficulties and performed satisfactorily on standardized tests but have not been able to evaluate his self-study methods in residency.

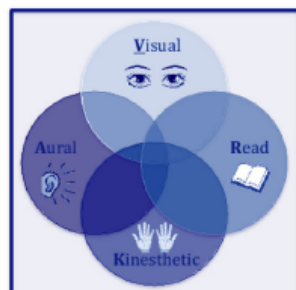
How will you help them individualize a learning approach?

What is VARK?

The VARK acronym stands for visual, aural/auditory, read/write and kinesthetic, which are sensory modalities used to learn information. Each individual learner prefers one or more of these styles.

The Fleming VARK scale has been used across a variety of settings with different types of learners. Awareness of learning preference helps the adult learner gravitate towards educational choices to best fit effective and efficient personal study methods.

Visual	Prefer graphics to depict information— maps, diagrams, graphs, flow charts, symbols, designs, patterns and shapes.
Aural/Auditory	Prefer information communicated through the spoken word (lectures, group discussion, podcasts, etc.)
Read/Write	Prefer information displayed as words, taking notes, writing out lists, and reading journals.
Kinesthetic	Hands on, learn by ‘doing’, practice tests, games, watching videos, etc.



VARK results

Each learner should consider ways to adapt to their preferred learning styles.

- ~ 1/3 prefer to learn solely in using one mode (kinesthetic is the most frequent overall)
- ~ 1/3 prefer a combination of all four
- ~ 1/3 prefer a mixed (bimodal or trimodal) approach

Learners can complete the VARK self-assessment in a simple, 5-minute online quiz (see Further Readings).

Milestones in Faculty Development

Nuts & Bolts: Promote Understanding of Learning Styles in Self-Study (Cont'ed)



PRACTICAL PEARLS

- Faculty can assist learners in assessment, reflection, and monitoring as learners work on these habits.
- Testing difficulties may occur as a result of a variety of issues, including poor study methods or life distractions.
- Choosing a study approach adapted to one's own preferences may increase study and testing success.
- Teachers should help learners understand preferences to promote use in lifelong learning.

FURTHER READINGS

VARK main website:
<http://vark-learn.com>

VARK questionnaire:
<http://vark-learn.com/the-vark-questionnaire/>

**Free evaluation and examples but cost associated with full academic profile*

VARK statistics:
<http://vark-learn.com/introduction-to-vark/research-statistics/>

Univ. of Utah test-taking skills tutorial:
<http://library.med.utah.edu/WebPath/TUTORIAL/TEST/TESTIDX.html>

Guerrasio J, Nogar C, Rustici M, Lay C, Corral J. UC Denver. Study skills and test taking strategies: For coaching medical learners based on identified areas of struggle. MedEdPORTAL Publications. 2017;13:10593.

Struggling with Board Exam preparation

Standardized tests can be intimidating and utilize a different study skill set than the clinical skills used in residency.

When counseling a learner about their testing concerns, explore the following factors that may play a role in their efforts:

- Past testing history (successes and struggles)
- Study methods and test-taking strategies
- Self-regulation and accountability
- Anxiety about tests and general mental health/self-care habits



As learners focus on adjusting to a more personalized learning method they should:

- Have a regular study plan
- Select the right sources, places and timing for their style
- Periodically test effectiveness with self-assessment



Encourage application of individual learning styles in self-study

With insights into their VARK preferences, residents may be able to utilize some of the following strategies in individual learning (and even in teaching):

V VISUAL

- Draw concept maps, use tables and charts to clarify content
- Review photo atlases in text and online

A AURAL/AUDITORY

- Use podcasts to review topics
- Form study groups to discuss topics or review questions

R READ/WRITE

- Jot notes or tweet significant facts during didactics, etc.
- Select texts/journals with writing styles matched to reading preference

K KINESTHETIC

- Present topics to the team to reinforce learning
- Create jeopardy-style games to manipulate the information



Back to your resident



The resident's advisor encouraged the resident to develop a study plan that tailored his methods to better meet their learning preferences.

After reviewing their VARK results and assessing their study habits, the resident recognized that they could not rely so heavily on just listening to lectures or hands-on clinical experiences.

They made brief notes to reinforce more difficult content and created figures for study and annotated notes during practice questions. With these changes, their third-year ITE score showed strong improvement, and they felt confident in his preparation for the Board examination, as well as their approach to lifelong learning.

Milestones in Humanism and Professionalism

NCH Trainees Compliments and e-Recognitions



Maria Laura Calderon Arizmendi, MD (PL1)

Dr. Maria Laura Calderon Arizmendi received an e-Recognition from Dr. Claudia Vega Castellvi (Pediatric Hospital Medicine Fellow) for her display of the NCHS Pillar of **Amazing Patient Care**. Dr. Castellvi commented: **“Residency Medication Safety Champion for the month of September! Dear Dr. Calderon Arizmendi. Your dedication to patient safety is exemplary. As a Medication Safety Champion, we value your input and hope you will continue to play a vital role in enhancing our hospital's safety culture. Thank you for your commitment to medication safety”**. Congratulations Maria on a job well-done!!!!



Skyler Brandfon, DO (PL1)

Dr. Skyler Brandfon received an e-Recognition from Dr. Claudia Vega Castellvi (Pediatric Hospital Medicine Fellow) for her display of the NCHS Pillar of **Amazing Patient Care**. Dr. Castellvi commented: **“Residency Medication Safety Champion for the month of September! Dear Dr. Brandfon. Your dedication to patient safety is exemplary. As a Medication Safety Champion, we value your input and hope you will continue to play a vital role in enhancing our hospital's safety culture. Thank you for your commitment to medication safety”**. Congratulations on a job well-done!!!!



Natalie Crespo, MD (PL1)

Dr. Natalie Crespo received an e-Recognition from Dr. Claudia Vega Castellvi (Pediatric Hospital Medicine Fellow) for her display of the NCHS Pillar of **Amazing Patient Care**. Dr. Castellvi commented: **“Residency Medication Safety Champion for the month of September! Dear Dr. Crespo. Your dedication to patient safety is exemplary. As a Medication Safety Champion, we value your input and hope you will continue to play a vital role in enhancing our hospital's safety culture. Thank you for your commitment to medication safety”**. Congratulations on a job well-done!!!!



Karina Delgado, DO (PL3)

Dr. Karina Delgado received an e-Recognition from Dr. Claudia Vega Castellvi (Pediatric Hospital Medicine Fellow) for her display of the NCHS Pillar of **Amazing Patient Care**. Dr. Castellvi commented: **“Residency Medication Safety Champion for the month of September! Dear Dr. Delgado. Your dedication to patient safety is exemplary. As a Medication Safety Champion, we value your input and hope you will continue to play a vital role in enhancing our hospital's safety culture. Thank you for your commitment to medication safety”**. Congratulations on a job well-done!!!!



Daniela Castro, DO (PL3)

Dr. Daniela Castro received an e-Recognition from Dr. Claudia Vega Castellvi (Pediatric Hospital Medicine Fellow) for her display of the NCHS Pillar of **Amazing Patient Care**. Dr. Castellvi commented: **“Residency Medication Safety Champion for the month of September! Dear Dr. Castro. Your dedication to patient safety is exemplary. As a Medication Safety Champion, we value your input and hope you will continue to play a vital role in enhancing our hospital's safety culture. Thank you for your commitment to medication safety”**.



Medication Safety

Milestones in Department Celebrations & Appreciation

Medical Education & Medical Administration Holiday Staff Celebration and Appreciation Brunch

On December 17, 2024; Nicklaus Children's Hospital Departments of Medical Education & Medical Administra-

tion held a Holiday Celebration and Staff Appreciation Bruch. The celebration included Secret Santa gift exchanges and Ugly

Sweater contest which was won by Dr. Jacques Orces.



Medical Education Annual Holiday Party Celebration for Trainees, Coordinators, & Faculty

On December 12, 2024; Nicklaus Children's Hospital Departments of Medical Education held its Annual Depart-

mental Holiday Party at Regatta Grove. Trainees (Medical & Dental) along with program coordinators and program directors

participated in the celebration.



NCH GME to Celebrate the Class of 2025 Graduation

NCH Department of Medical Education is pleased to celebrate the graduation of the Class of 2025 Residents and Fellows on June 13th 2025 at the Hilton Miami Airport Hotel. The day will start with Pediatric Grand Round in the Main Auditorium

Milestones in Trainees & Faculty Scholarly Activities

NCH Trainees & Faculty Continue to Disseminate Their Scholarly Work in Print & on National Stages

The following are published peer-reviewed articles by our faculty and trainees:

- ◆ **Totapally B R, Appanagari R, Alkhoury F, Meyer K.** (December 01, 2024) **“Pediatric Hospitalization Due to Trampoline-Related Injuries in the United States During 2019”.** *Cureus* 16(12): e74903. DOI 10.7759/cureus.74903
- ◆ **Dr. Abhinav Totapally** was notified that his manuscript titled: **“Central or Peripheral Venoarterial**

Extracorporeal Membrane Oxygenation for Pediatric Sepsis: Outcomes Comparison in the Extracorporeal Life Support Organization Dataset, 2000-2021” was accepted for publication in *Pediatric Critical Care Medicine*. Congratulations!!!

Drs. Ghanavi Kumaran (PICU Fellow) & Monica Ramirez Mendizabal (PL2 Pediatric Resident) were notified that their case series titled: **“Hyperammonemia in**

the Acute Catabolic State” was accepted for presentation at 2025 Annual Conference of Medical Genetics. Congratulations to you and your mentor Dr. P. Jayakar.

Dr. Samantha Shear (PL2 Pediatric Resident) was notified that her abstract titled: **“Let it Grow: Expanding the Phenotype of PPP3CA Mutations to Include Failure to Thrive”** was accepted for presentation at the Annual Conference of Medical Genetics. Congratulations!!!

Milestones in CME News

The 60th Annual Pediatric Post-Graduate Course: A Milestone Educational Activity in the Hospital Anniversary Year

The 60th Annual PPGC will be held on **March 28-30; 2025** at the Hilton Marina in Fort Lauderdale. In 2025; the 75th Anniversary of Nicklaus Children’s Hospital coincides with the 60th Annual PPGC. The 2025 PPGC is designed to provide the primary care

pediatrician with practical core education, hot innovative topics, and state-of-the-art Pediatric practice-based themes. From prevention to anticipatory guidance, the course promises to highlight the educational mission of Nicklaus Children’s Hospital by featuring **all speakers to be Alumni of the various Nick-**

laus Children’s GME Programs (Residency, Fellowships, Dentistry, Pharmacy, & Psychology). Both registration and hotel room reservations are opened now!!!! Reserve your spot, be part of the celebration and see and interact with former trainees.

60TH ANNUAL ANNIVERSARY

PEDIATRIC POSTGRADUATE COURSE

Founded by Dr. Donald H. Altman

PERSPECTIVES IN PEDIATRICS

Practical Updates and Cutting-Edge Topics for Pediatricians

SCAN ME

MARCH 28-30, 2025
friday, saturday, sunday

HILTON FORT LAUDERDALE MARINA
FORT LAUDERDALE, FLORIDA

Nicklaus Children's Hospital
Where Your Child Matters Most™

75th Anniversary

PPGPIP.COM

Milestones in Hospital National Recognitions

Nicklaus Children's Named a Top Children's Hospital by Leapfrog Group

Nicklaus Children's Hospital was named a **Top Children's Hospital by The Leapfrog Group** for the third consecutive year. The Leapfrog Top Hospital Award is widely acknowledged as one of the most competitive awards American hospitals can receive. The Top Hospital designation is bestowed by [The Leapfrog Group](#), a national organization of employers and other purchasers known as the toughest standard-setters for healthcare safety and quality.

Nicklaus Children's is one of only eight children's hospitals, and the only one in South Florida, to be selected as a Top Children's Hospital by Leapfrog! Nearly 2,400 hospitals were considered for the award, but only 134 Top Hospitals were selected, including:

- 8 Top Children's
- 36 Top General
- 15 Top Rural

- 75 Top Teaching

The quality of patient care across many areas of hospital performance is considered in establishing the qualifications for the award, including infection rates, practices for safer surgery, maternity care, and the hospital's capacity to prevent medication errors. The rigorous standards are defined in each year's [Top Hospital Methodology](#).



Milestones in Residents Fellowship Placement

NCH Pediatric Residents Secure Top Fellowship Spots

In mid-December 2024, the Pediatric Subspecialty Fellowship Match results were released. The Class of 2025 has 18 PL3 residents (out of 28) and 2 Chief Residents applying for subspecialty Fellowship positions with 100% matching in top programs across the country (5 staying in NCH Fellowship Programs). Below are the specialty matches and the institutions they matched in:

[Pediatric Hematology-Oncology \(4\):](#)

- ◆ University of Texas Southwestern Medical School, Dallas, TX
- ◆ St. Jude Children's Research Hospital, Memphis, TN
- ◆ University of Colorado School of Medicine, Denver, CO
- ◆ Emory University School of Medicine, Atlanta, GA

[Pediatric Cardiology \(3\):](#)

- ◆ Cleveland Clinic Children's Hospital, Cleveland, OH
- ◆ Emory University School of Medicine, Atlanta, GA

- ◆ University of Utah School of Medicine, Salt Lake City, UT

[Pediatric Emergency Medicine \(3\):](#)

- ◆ Nicklaus Children's Hospital, Miami, FL (2)
- ◆ University of Texas at Austin / Dell Medical School, Austin, TX

[Pediatric Gastroenterology \(2\):](#)

- ◆ Baylor College of Medicine, Houston, TX
- ◆ Nicklaus Children's Hospital, Miami, FL

[Pediatric Infectious Diseases \(2\):](#)

- ◆ Baylor College of Medicine, Houston, TX
- ◆ Children's Hospital of Philadelphia, Philadelphia, PA

[Pediatric Hospital Medicine \(2\):](#)

- ◆ Nicklaus Children's Hospital, Miami, FL (2)

[Pediatric Critical Care Medicine \(1\):](#)

- ◆ Vanderbilt University Medical Center, Nashville, TN

[Pediatric Endocrinology \(1\):](#)

- ◆ Duke University School of Medicine, Durham, NC

[Pediatric Pulmonology \(1\):](#)

- ◆ Children's Hospital of Philadelphia, Philadelphia, PA

[Hospice / Palliative Care \(1\):](#)

- ◆ Emory University School of Medicine, Atlanta, GA



Milestones in Scholarly Work & Advocacy

Nicklaus Children’s Trainees, & Faculty Representing NCH on the National Stage

Dr. Marcelo Laufer Receives the NCH MEC 2024 Legacy in Healthcare Award

Dr. Pablo Marcelo Laufer (Pediatric Infectious Diseases Attending) was the recipient of the **2024 Medical Executive Committee Legacy in Healthcare Award**.

The **Legacy in Healthcare Award** was established in 2017 to celebrate the enduring commitment, dedication, and excellence of healthcare professionals who have demonstrated exceptional leadership and passion in advancing medical care and improving the lives of children and families. Past recipients of the award have been celebrated for their visionary work, lifelong achievements, and remarkable influence within the healthcare sector.

Dr. Laufer’s achievements in the field of pediatric infectious diseases, along with his work in various other hospital committees, reflect the values and vision that this award seeks to honor. His unwavering dedication to patient care and his significant contributions to medical practice at Nicklaus Children’s Hospital make him a truly deserving recipient of this prestigious recognition.

Dr. Laufer was recognized at the General Staff Meeting held on December 3rd and presented with an original, signed, polished mirror finish Italian stainless steel award, hand-crafted exclusively for the Medical Executive Committee by renowned sculptor Santiago Medina, MD, MPH.

Congratulations Dr. Laufer!



Accreditation Council
for Continuing Medical Education
learn well

Dr. Rani Gereige Elected to National CME Accreditation Committee

Dr. Rani Gereige (Executive Director of Medical Education & DIO, DEI lead) was notified that he has been elected by the Accreditation Council for Continuing Medical Education (ACCME) Board of Directors to serve on its **Accreditation Review Committee (ARC)** from January 2025 - December 2026. Dr. Gereige has served as a surveyor for ACCME accreditation since 2011.



NCH Pediatric Trainees Receive a Community Advocacy Shark Tank Grant for Health Literacy Project

Drs. Janelle Torres & Maya Hadeed (PL2) were notified that they are the recipient of a Nicklaus Children's Young Ambassador Shark Tank grant of \$4,400 for **"Big Tales, Little Smiles"** — the project that emerged from their community advocacy rotation to teach about health topics at the public libraries. Congratulations to Janelle and Maya and their faculty mentors for this wonderful achievement.

Medical Education Birthdays

January	
Abdullah Alghannami	2
Alejandra Cotto	4
Emma Sanz	7
Mildred Franco Linan	10
Martin Varea Romo	12
Jose Morales Hernandez	13
Iram Khan	13
Marien Govea	16
Daniela Castro	23
Amsha Reddy	23
Isis Felipe Baroni	23
Andrea Perz Moscoso	26
Ivan Rosales Brito	28
Claudia Moraga	28
Laura Geroy Fleites	28



February	
Natalie Trotto	4
Andrea Montano Ballesteros	8
Jonathan Creech	11
Manoj Chakiath	18



Alumni Network
 MIAMI CHILDREN'S • NICKLAUS CHILDREN'S
 SINCE 1962



Nicklaus Children's Hospital

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 Miami, FL 33155

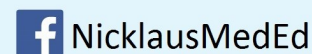
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To Teach is To Touch a Life Forever