

Division Introduction

The Division of Combined Internal Medicine and Pediatrics (Med-Peds) was created in 2015 as a joint initiative between the Departments of Internal Medicine and Pediatrics. Dual trained in both Internal Medicine and Pediatrics, division faculty are dedicated to clinical, educational, and scholarly efforts within both Departments, with an emphasis on improving healthcare delivery across the lifespan. The Med-Peds division leads the newly established Combined Internal Medicine and Pediatrics residency program, and the Internal Medicine & Pediatrics Clinic at Professional Office Building 2, a primary care medical home for patients and families of all ages.

In alignment with the UT Southwestern Mission, Med-Peds seeks to promote and enhance the clinical practice and scholarly activities of physicians trained in both Internal Medicine and Pediatrics, with a focus on collaborative work between pediatric and adult medicine. Key collaborative initiatives include:



Jennifer Walsh, M.D.
Associate Professor, Division Chief

Sustainment of the Med-Peds clinical practice by:

- Providing high quality and coordinated healthcare for families and individuals throughout the age continuum, including but not limited to those with pediatric-onset special health care needs such as developmental delay, congenital heart disease, cystic fibrosis, diabetes, pediatric cancer, etc.
- Enhancing patient care, research, advocacy efforts, and medical systems management in both Internal Medicine and Pediatrics through approaches that reflect perspective and experience across the lifespan.

Development and administration of Med-Peds residency training by:

- Providing a comprehensive and integrated residency training experience which prepares residents for Board certification in both Internal Medicine (ABIM) and Pediatrics (ABP) as well as advanced subspecialty training within each discipline.
- Increasing the quantity and enhancing the quality of providers offering comprehensive primary and specialty care for patients of all ages, including those with complex chronic conditions.

Support Med-Peds faculty in their distinct and varied roles as:

- Comprehensive primary care providers.
- Subspecialists in areas conducive to dual training and practice, including but not limited to Allergy/Immunology, Cardiology, Endocrinology, Infectious Disease, Nephrology, and Rheumatology.
- Physicians with expertise regarding specific conditions that affect patients of all ages.
- Educators and mentors of medical students and residents in Internal Medicine, Pediatrics, and Combined Internal Medicine and Pediatrics programs and settings.
- Researchers, advocates, and quality improvement leaders focused on improving access, health equity, and quality of life for patients with conditions that impact health across the lifespan.

Faculty

The Division of Combined Internal Medicine and Pediatrics consists of internists and pediatricians who are dedicated to the field of medicine. There are eight full-time and one part-time faculty members, and 16 residents in the Division. Dr. Emily Bufkin joined the division in 2020.

Emily Bufkin, M.D.

Assistant Professor, Pediatrics and Internal Medicine



B.S., Biological Engineering, *summa cum laude*
Mississippi State University, 2012

M.D.
University of Mississippi Medical Center, 2016

Postdoctoral Training
Residency, Internal Medicine-Pediatrics
Chief Resident, Internal Medicine-Pediatrics
University of Alabama at Birmingham, 2016-2019

Interests
Care coordination for children with medical complexity, transition medicine

Honors / Awards

Jaclyn Albin

- Texas Super Doctors – Texas Rising Star 2020

Christy Turer

- Promoted to Associate Professor

Jennifer Walsh

- Best Pediatric Specialists in Dallas, *D Magazine*

Ami Waters

- Humanitarian Award For Outstanding Service To Mankind, Baylor College Of Medicine Alumni Association

Invited Lectures

Jaclyn Albin

- Texas Scottish Rite Hospital Rheumatology Grand Rounds (Virtual), April 2020
 - “Empowering the Next Generation: Illuminating the Role of Food in Health Outcomes through Culinary Medicine”

Ami Waters

- Icahn School of Medicine at Mt. Sinai, New York, NY, April 2020
 - Panel Member: *“Community Health Workers, Solidarity, and what it will take to beat COVID19”*
- Columbia University Global Health Elective, Columbia University, New York, NY, May 2020
 - *“The Power of Government/NGO Partnership”*
- Med-Peds Grand Rounds, Baylor College of Medicine, Nov 2020
 - *“In Pursuit of Solidarity and Equity in Global Health”*
- International Joint Learning Network/Aceso Global Workshop, Nov 2020
 - Co-Presenter: *“Maintaining/Restoring Essential Health Services during COVID-19”*
- Family and Preventative Medicine, Loma Linda Global Health Service Group, Dec 2020
 - *“Global Health Across the Spectrum”*

Conference Presentations

Pediatric Academic Society, Virtual, May 2020

Wickland J, Heyne R, Brown LS, **Turer CB**, Rosenfeld CR.

Virtual Platform Presentation: *“Preadolescents born preterm (PT, ≤32 wks) very-low-birth-weight (VLBW, ≤1500 g) have an increased prevalence of systolic blood pressure (SBP) ≥90th centile and impaired renal function compared to term matched controls.”*

Abdul-Raheem JN, Binka E, Roem J, **Turer CB**, Urbina EM, Brady TM.

Virtual Platform Presentation: *“Left ventricular diastolic dysfunction (LVDD) among children with obesity and history of elevated blood pressure (BP).”*

Health Meets Food: The National Certified Culinary Medicine Specialist Series, Virtual, June 2020

Albin J, Harlan T.

“Introduction to Culinary Medicine, Culinary Medicine Virtual Course.”

Albin J, Harlan T.

“Food Allergies and Intolerances, Culinary Medicine Virtual Course”

Building Capacity in Patient-Centered Research, University of Maryland, Virtual, June 2020

Albin J, Sparks M, Phillips A.

“Food as Medicine (FAME): Engaging Medical Students in Service Learning to Build Sustainable Community Partnerships.”

American Public Health Association Conference, Virtual, October 2020

Williams A, Nievera I, Koopman R, **Turer CB**, Smith J, Clary M, McCulloch L, Wareg N, Hampl S, Rajagopalan A

Platform Presentation: *“A. Longitudinal analysis of FitTastic, a clinic-based healthy lifestyle program to address child obesity.”*

Pediatric Hospital Medicine Conference, Virtual, July 2020

Fuchs, J, **Waters, A.**

Oral Presentation: *"A Donated Fever: Transfusion Transmitted Malaria"*

Education and Training

The Division of Combined Internal Medicine and Pediatrics provides educational opportunities for medical students and residents. The Division also has a fully-accredited Internal Medicine-Pediatrics Residency Program.

Medical Students

The Division provides multiple opportunities for medical students to have exposure to pediatrics and internal medicine practice. Medical students rotate through the Internal Medicine - Pediatrics Clinic during their ambulatory clerkship. Faculty also participate in a General Pediatric Inpatient Teaching Service at Children's HealthSM facility at Dallas. Many of our faculty serve as mentors to medical students through the UT Southwestern Colleges program as well as the Med-Peds Student Interest Group.

Residents

Division faculty provide clinical training to Pediatric, Internal Medicine, and Med-Peds residents in a variety of clinical settings, including the Pediatric Continuity of Care Clinic at Children's Health, the Parkland Community Internal Medicine Clinic, and the Combined Internal Medicine & Pediatrics Primary Care Practice at UT Southwestern. Faculty also supervise residents on inpatient teaching services at Children's Health and Parkland Hospital.

Med-Peds Residency Program

Our mission is to provide a rich dual training experience to support each individual resident's unique career path, equipping them to join the next generation of outstanding Med-Peds physicians, scholars, advocates, educators, and leaders.

Our program launched with our first intern class beginning June 2016. We accept four interns per year. Residents alternate between Internal Medicine and Pediatrics rotations every 3-4 months; at the end of their four-year training program they are board eligible in both Internal Medicine and Pediatrics. They are also eligible for any Internal Medicine, Pediatric, or dual subspecialty fellowship program.

Med-Peds interns gain a solid clinical foundation by rotating through inpatient, intensive care, ambulatory, and emergency department settings at our primary training facilities, Children's HealthSM facility at Dallas, Parkland Health & Hospital Systems, and William P. Clements Jr. University Hospital. Increased supervisory responsibility is integrated as residents advance through the remaining years of training as well as additional time for individualized curriculum blocks. Med-Peds training affords a wide array of career possibilities, and we are committed to a truly individualized approach to foster development of each resident's unique skills, interests, and passions.

While each Med-Peds resident is fully integrated into the categorical program experience, a number of opportunities have been developed to cultivate a combined practice as well. Med-Peds "Synergy" conferences are introduced into the categorical Internal Medicine and Pediatrics noon conference curriculum; there are also dedicated monthly conferences and journal clubs specifically for Med-Peds residents.

Research Activities

Combined Internal Medicine and Pediatrics faculty members are involved in clinical research. Faculty research interests include the following:

- Effective primary-care weight-management interventions
- Immediate and long-term health risks due to pediatric obesity
- Pediatric clinical practices and communication strategies that improve the health and weight-status of children with overweight and obesity
- Strategies to improve pediatrician recognition and management of weight-related comorbidities
- Adult health outcomes of adverse childhood experiences (toxic stress and trauma exposure)
- Environmental determinants of health
- Undergraduate and graduate medical education
- Global health

Clinical Activities

Our faculty provide clinical care in the Combined Internal Medicine – Pediatrics clinic, pediatric and internal medicine resident teaching clinics, and inpatient medicine services at Children’s HealthSM Children's Medical Center Dallas and Parkland Health and Hospital Systems.

Inpatient Services

Combined Med-Peds hospitalists divide their clinical time equally between the Pediatric hospitalist group at Children’s Health and the Hospitalist Medicine group at Parkland Hospital. This allows them to care for both hospitalized pediatric and adult patients, bringing their expertise in caring for patients across the lifespan to both patient care settings.

Combined Internal Medicine & Pediatrics Primary Care Practice

The Med-Peds clinic, located in the Professional Office Building 2 at UT Southwestern, opened in 2015. Faculty in this practice are board certified in both Internal Medicine and Pediatrics and are able to provide comprehensive primary care services to patients of all ages, from newborns to geriatric patients. This practice also serves as the continuity clinic site for the Med-Peds residents.

Patient Visits

Combine Med-Peds Patient Stats By Type Of Visit By Year.

	2016	2017	2018	2019	2020
New patient visits	139	189	368	394	601
Follow up visits	1,806	2,285	2,622	2747	2909

Current Grant Support

Christy Boling Turer

Grantor: National Institutes of Health, National Heart, Lung, and Blood Institute

Title of Project: Development of Single-Screen Clinical Decision Support to Increase Guideline-Based Weight Management and Comorbidity Care in Pediatric Clinics

Role: Principal Investigator

Dates: 09/2018 – 08/2021

Grantor: National Institutes of Health, National Institute of Diabetes and Digestive and Kidney Diseases

Title of Project: Building Evidence for High-Quality Pediatric Primary Care Weight and Comorbidity Management

Role: Principal Investigator

Dates: 09/2018 – 08/2021

Jennifer Walsh

Grantor: Texas Higher Education Coordinating Board

Title of Project: Graduate Medical Education Expansion Grants

Role: Principal Investigator

Dates: 07/2020-07/2022

Jaclyn Albin

Grantor: Communities Foundation of Texas & The Caruth Foundation

Title of Project: The Impact of Culinary Medicine vs. Nutrition Education on Diabetes Outcomes: A Randomized Trial

Role: Co-Investigator

Dates: 11/2020 – 11/2022

Peer-Reviewed Publications

1. Albin J. [Eat to live: A physician's perspective on the powerful role of food in a faithful life](#). *Review and Expositor*. 2020;117(4):516-525. doi:10.1177/0034637320969212
2. Bismar N, Barlow SE, Brady TM, Turer CB. [Pediatrician Communication About High Blood Pressure in Children With Overweight/Obesity During Well-Child Visits](#). *Acad Pediatr*. 2020 Aug;20(6):776-783. PMID:31783183
3. Vuppala S, Turer CB. [Clinical Decision Support for the Diagnosis and Management of Adult and Pediatric Hypertension](#). *Curr Hypertens Rep*. 2020 Aug 27;22(9):67. PMID:32852616
4. Williams A, Turer C, Smith J, Nievera I, McCulloch L, Wareg N, Clary M, Rajagopalan A, Brownson RC, Koopman RJ, Hampl S. [Adoption of an Electronic Medical Record Tool for Childhood Obesity by Primary Care Providers](#). *Appl Clin Inform*. 2020 Mar;11(2):210-217. PMID:32187633

Other Publications

1. Shamasunder S, **Waters A**, et al. What the Global North Needs to Learn about Covid-19. *BMJ Global Health Blog*, <https://blogs.bmj.com/bmjgh/2020/03/20/what-the-global-north-needs-to-learn-about-covid-19/> March 20, 2020.
2. Wiah SO, Subah M, Varpilah B, **Waters A**, Ly J, Ballard M, Price M, Panjabi R. Prevent, detect, respond: How community health workers can help in the fight against COVID-19. *BMJ Opinion*, <https://blogs.bmj.com/bmj/2020/03/27/prevent-detect-respond-how-community-health-workers-can-help-fight-covid-19/> March 27, 2020.