

# Psychiatry

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RESIDENCY PROGRAM AT  
**LewisGale Medical Center**

# Welcome to the Psychiatry Residency Program at LewisGale Medical Center

The Psychiatry Residency Program at LewisGale Medical Center is part of the HCA Healthcare Graduate Medical Education network. HCA Healthcare is the nation’s leading provider of quality, patient-centered care. We are also the leader in graduate medical education, all brought together by a single mission:

**Above all else, we are committed to the care and improvement of human life.**

ACGME ID: 4005100268

### Tracks & Positions

Tracks	NRMP #	Available Positions
Categorical	2129400C0	9

### Salary

	PGY1	PGY2	PGY3	PGY4
	\$54,267	\$55,869	\$57,637	\$59,738
On-Call Meals	\$950	\$950	\$950	\$950
Total Salary	\$55,217	\$56,819	\$58,587	\$60,688

Welcome!

Our Psychiatry Residency Program, established in 2018, offers a four-year ACGME accredited program with eight or more competitive PGY-1 positions available each year. As Program Director, I bring experience in both undergraduate and graduate medical education along with an outstanding faculty specializing in clinical medicine and education.

In our program, Psychiatric sub-specialties are well represented including Child and Adolescent Psychiatry and Geriatric Psychiatry. The residency program is housed at the Pavilion, a 68 bed psychiatric care unit located adjacent to the main medical center. Residents work on established, well-staffed inpatient units with a wide variety of patients and pathologies. They also treat patients in a fully renovated outpatient clinic and a dedicated partial hospital and intensive outpatient program providing services for approximately 30 adults. Additional spaces within the building include offices, resident sleep rooms, a resident lounge and a large classroom with state-of-the-art audiovisual support. Residents will also work in the main medical center and will have access to all HCA facilities on the campus.

An integral part of our program is the nearby Salem Veterans Affairs Medical Center which is a tertiary referral center within the VA system for mental health services and houses robust inpatient and outpatient settings with experienced faculty who are engaged in clinical training and research. Additional educational opportunities exist through training at nearby Catawba Hospital, a state hospital serving adults and geriatric patients, and outreach services throughout southwest Virginia.

Psychiatry residents will embrace a rich community-based program supported by a dedicated and knowledgeable faculty. As an added bonus, residents will thrive within the beautiful region that boasts a vibrant, diverse local culture, friendly atmosphere, and award winning public school systems. Get acquainted with our exciting program, the exceptional people, and all that living and working in Virginia's Blue Ridge has to offer.

Sincerely,

**Brain E. Wood, DO, DFAPA**

Program Director

# Our Program Director & Associate Program Director



**Brian E. Wood** DO, DFAPA Program Director

Dr. Wood is a Graduate of the West Virginia School of Osteopathic Medicine and trained in general Psychiatry at the Eastern Virginia Medical School where he also served as Chief Resident. He completed fellowship training in Geriatric Psychiatry at the University of Virginia School of Medicine, Roanoke/Salem program. Over the course of his career, he has held multiple faculty positions at Eastern Virginia Medical School, West Virginia College of Osteopathic Medicine, University of Virginia and Edward Via College of Osteopathic Medicine. He has served in multiple GME roles including Associate Program Director and Program Director prior to coming to LewisGale and has published multiple articles and book chapters in the field of geriatric psychiatry. He continues his research interests in neurocognitive disorders and medical education.

Dr. Wood has also served in multiple roles within the psychiatric community including President of the Southwest Virginia Psychiatric Society and the Psychiatric Society of Virginia where he remains active in affairs affecting Psychiatrists and patients with psychiatric illnesses throughout the state. He is currently employed as the Medical Director and Chair of the Department of Psychiatry and Behavioral Health at LewisGale Medical Center in Salem Virginia where he also directs the psychiatry residency program and works with multiple residents and students.



**James K. Moles** MD Associate Program Director

Dr. Moles is a graduate of University of Virginia Health Sciences where he completed a five-year residency in Internal Medicine and Psychiatry. Over the course of his career, he has held faculty positions as Assistant Professor of Psychiatry at Edward Via College of Osteopathic Medicine and University of Virginia School of Medicine.

Dr. Moles was previously a staff Psychiatrist for Veterans Affairs Medical Center in Salem, VA. At LewisGale Medical Center he works in the Psychiatry Outpatient Clinic.

# Additional Faculty

**Arvin Bhandari, MD**

Salem VAMC Emergency Psychiatry

**Geoffrey Bader, MD**

Salem VAMC Consult Liaison

**Jill Cramer, MD**

Blue Ridge Associates in Neurology – Outpatient  
Neurology

**Gerald DeMasters, MD**

LGMC Inpatient Psychiatry

**Jerita Dubash, DO**

LGMC Child and Adolescent Outpatient Psychiatry

**Fahim Fahim, MD**

Salem VAMC Inpatient Psychiatry

**Joe Frieben, MD**

Virginia Tech Cook Counseling Center Outpatient  
Psychiatry

**Michelle Frieben, MD**

LGMC Child and Adolescent Inpatient and  
Outpatient Psychiatry

**Jessica Jeffrey, DO**

LGMC Child and Adolescent Outpatient Psychiatry

**Bush Kavuru, MD**

Salem VAMC Outpatient Psychiatry

**Aleem Khan, MD**

Salem VAMC Inpatient Psychiatry

**Richard Leggett, MD**

LGMC Inpatient Psychiatry

**Hilary Linderman, PsyD**

LGMC Clinical Psychologist

**Leonard Marcus, MD**

Salem VAMC Outpatient Psychiatry

**Karl Northwall, MD**

Catawba Hospital Site Director

**Enrique Perez, MD**

Catawba Geriatric Psychiatry

**Pavan Reddy, MD**

Salem VAMC Outpatient Psychiatry

**James Reinhard, MD**

Virginia Tech Cook Counseling Center Site Director,  
Outpatient Psychiatry

**Mamta Sapra, MD**

Salem VAMC Outpatient Psychiatry

**Anuradha Sekhri, MBBS, MD, MPH**

Salem VAMC Inpatient Psychiatry

**Brian Shenal, PhD**

Salem VAMC Neuro-Psychology

**Delmar Short, MD**

Salem VAMC Site Director

**Norah Silver, MD**

LGMC Consult Liaison and Inpatient Psychiatry

**Olga Thompson, MD**

Salem VAMC Outpatient Psychiatry

**Anjali Varma, MD**

Salem VAMC Outpatient Psychiatry

**Sachinder Vasudeva, MD**

Salem VAMC Outpatient Psychiatry

**J. Randall Wickham, MD**

LGMC Intensive Outpatient Psychiatry (IOP) and  
Outpatient Psychiatry

## Current Residents



**Aaron Boren, MD**  
Chief Resident / St. George's  
University School of Medicine  
PGY-4



**Borhan Darmal, MD**  
St. George's University  
School of Medicine  
PGY-4



**Harrison Galicki, MD**  
St. George's University  
School of Medicine  
PGY-4



**Linda Galicki, MBBS**  
Fudan University Shanghai  
Medical College  
PGY-4



**Janie Lozovski, DO**  
Chief Resident / Edward Via  
College of Osteopathic Medicine –  
Virginia Campus PGY-4



**Farrah Nosheen, MD**  
Windsor University  
School of Medicine  
PGY-4



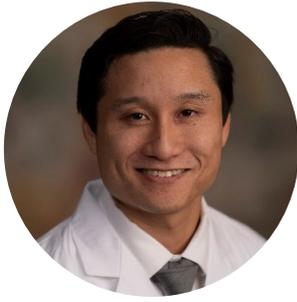
**Siamak Darehbaghi, DO**  
Midwestern Univ. AZ College  
of Osteopathic Medicine  
PGY-3



**Mustafa Hakami, MD**  
Ross University School  
of Medicine  
PGY-3



**Joseph Knoble, MD**  
Rush Medical College  
PGY-3



**Micah Martinez, MD**  
 St. George's University  
 School of Medicine  
 PGY-3



**Devin McDonald, DO**  
 New York College of  
 Osteopathic Medicine of NYIT  
 PGY-3



**Eric Parrott, DO**  
 Des Moines University College  
 of Osteopathic Medicine  
 PGY-3



**Benjamin Pierce, DO**  
 Lincoln Memorial Univ. DeBusk  
 College of Osteopathic Medicine  
 PGY-3



**Michael Schiller, DO**  
 Lake Erie College of Osteopathic  
 Medicine, Erie Campus  
 PGY-3



**Christy Blevins, DO**  
 Edward Via College of  
 Osteopathic Medicine – Carolinas  
 Campus PGY-2



**Ahmed Imtiaz, MD**  
 American University of the  
 Caribbean School of Medicine  
 PGY-2



**Ivan Krpan, DO**  
 University of Pikeville – KY  
 College of Osteopathic Medicine  
 PGY-2



**Paul McGuire, MD**  
 The Brody School of Medicine  
 at East Carolina University  
 PGY-2



**Daniel Nicholas, DO**  
 Liberty University College  
 of Osteopathic Medicine  
 PGY-2



**Richard Pardo, MD**  
 Ross University School  
 of Medicine  
 PGY-2



**Gary Stocker, DO**  
 Lake Erie College of Osteopathic  
 Medicine, Bradenton Campus  
 PGY-2



**E. Forest Collin, DO**  
Touro University Nevada College  
of Osteopathic Medicine  
PGY-1



**Aleksandra Grzybowska, MD**  
Ross University School  
of Medicine  
PGY-1



**Vicky Ho, DO**  
Touro University Nevada College  
of Osteopathic Medicine  
PGY-1



**Grace Khoury, MD**  
Ross University School  
of Medicine  
PGY-1



**Meredith Nackley-Henry, DO**  
Edward Via College of  
Osteopathic Medicine - Virginia  
Campus PGY-1



**Daniel Smith, DO**  
Edward Via College of  
Osteopathic Medicine - Auburn  
Campus PGY-1



**Farzad Taheri, MD**  
Ross University School  
of Medicine  
PGY-1



**Bosco Theodore, DO**  
Touro University Nevada College  
of Osteopathic Medicine  
PGY-1



**Adam Westrick, MD**  
St. George's University  
School of Medicine  
PGY-1



# About the Program

## Mission Statement

As part of HCA Healthcare, we are driven by a single mission: Above all else, we are committed to the care and improvement of human life. At the LewisGale Psychiatry Residency Program we are dedicated to training competent and caring psychiatrists who are capable of practicing psychiatry independently in a variety of settings. We strive to prepare trainees in diverse skills suitable to careers in clinical care, medical education, clinical research and medical administration as well as combinations of these. Our residents are carefully and dutifully mentored by faculty not only in the technical aspects of care but also in their growth as physicians and the development of therapeutic relationships with their patients. We expect all graduates to exemplify the principles of our program and its goals as they move on to independent practice and perpetuation of these ideals.



## Program Aims

1. To produce competent psychiatrists capable of independent practice in a variety of practice settings with diverse patient populations and pathologies.
2. To train residents in an environment that values and stresses the concepts of ethical and professional practice of medicine and to produce psychiatrists who will exemplify those principles.
3. To produce psychiatrists with the knowledge and expertise to understand and utilize collaborative relationships with other professional services and colleagues in promoting excellence in the provision of care for their patients.
4. To produce psychiatrists who are well versed in an integrative model of care, emphasizing the contexts of general medicine as well as other professional fields that are often associated with the care of patients with psychiatric disorders.
5. To provide residents with the ability to develop and demonstrate strong didactic and clinical skills that promote the incorporation of scholarly activity into the ongoing practice of evidence based psychiatry and the establishment of a life-long learning model of professional practice.
6. To encourage residents toward participation in community and professional organizations in order to serve the educational needs of their local community and public and to serve as an advocate for excellence in mental health care.

## Resident Benefits

Beginning on the effective date of the contract agreement, each resident will receive financial support and benefits including:

- Annual salary
- Medical, Dental, Vision Benefits
- Prescription Drug Benefits
- Short-term and long-term disability, life insurance, flexible spending accounts (FSA), CorePlus voluntary benefits, HCA 401(k) and stock purchase plan
- HCA issued device (cell phone/laptop)
- Medical Training License
- Professional Association Membership Fees
- Question Bank Subscriptions

- In-Service Examination in Psychiatry
- 15 work days paid time off (PTO) per academic year
- 5 days of educational leave per academic year
- Conference travel/registration monies during PGY3 and PGY4
- Conference travel/registration for presenting original research (with approval by research director)
- Paid BLS/ACLS as required by the program
- Lab coats
- Access to free meals in the medical center cafeteria and resident lounge
- Free parking
- Employee Assistance Program (EAP).
  - The EAP is recognized for employees and their families that experience personal problems that can affect their job performance. This service is accessible 24 hours a day, 7 days a week, through Optum. Some of the great benefits from Optum are counseling services, financial services, and substance abuse services.

## Rotation Schedule

Psychiatry residents at LewisGale Medical Center complete their required rotations at our main medical center as well as affiliate locations:

- **Catawba Hospital:** A Virginia Department of Behavioral Health and Disability Services facility which houses a diverse population of patients including those both civilly and criminally committed with diverse psychiatric pathologies. Residents are exposed to populations of patients with a wide variety of pathologies with emphasis on patients with chronic mental illness.
- **Salem Virginia Veterans Affairs Medical Center:** A tertiary referral center within the VA system VISN 6 for mental health. The facility houses robust inpatient and outpatient settings with experienced faculty who are engaged in clinical training and research. Additionally our VAMC faculty are trained in a variety of specialty areas including geriatrics, addiction and other sub-specialties. Residents rotate on multiple clinical services and also have the opportunity to participate in a variety of didactic and other scholarly activities at the VAMC including ongoing research.

- **Virginia Tech Cook Counseling Center:** The Cook Counseling Center is the primary mental health service located on the campus of Virginia Polytechnic Institute and State University (Virginia Tech) and covers a population of over 32,000 students. A diversity of psychiatric, substance use disorder and counseling services are provided to students at this facility. Residents provide care to the student population utilizing multiple modalities of treatment and have the opportunity to interface with a variety of other treatment providers. The site also serves as a training site for a PhD Clinical Psychology program and residents often share patients with other providers in training. Residents are routinely trained in a variety of treatment modalities including medical management, crisis intervention, group psychotherapy and individual psychotherapy. Residents are primarily supervised by two experienced, board certified psychiatrists who are employed by the University.

## Academic Year Schedule

### PGY-1

- Emergency Psychiatry
- Inpatient Psychiatry
- Neurology
- Psychiatry Night Float
- Outpatient Psychiatry
- Primary Care
  - Emergency Medicine
  - Family Medicine
  - Internal Medicine

### PGY-2

- Child & Adolescent Psychiatry
- Community Psychiatry
- Consultation Liaison
- Emergency Psychiatry
- Geriatric Psychiatry
- Inpatient Psychiatry
- Outpatient Psychiatry – Continuity Clinic
- Psychiatry Night Float

### PGY-3

- Outpatient Psychiatry

### PGY-4

- Addiction Substance Abuse
- Child & Adolescent Psychiatry
- Community Psychiatry
- Consultation Liaison
- Elective rotations
- ER/Forensic Psychiatry
- Inpatient Psychiatry/Senior Resident
- Neuro-psychiatry/TBI
- Outpatient Psychiatry/Senior Resident

## Didactic Curriculum

The LGMC Psychiatry Residency program offers protected time every Monday thru Friday from Noon - 1pm.

- Didactics are held on Mondays and Wednesdays
- Program meetings are held on Fridays
  - Friday Resident Meeting
  - Journal Club
  - PRITE Review
- PGY1 Boot Camp is held in July
- Mock PRITE prior to PRITE

## Things to do in Southwest VA

LewisGale Medical Center is located in Salem, Virginia, which has a total population of just over 25,000 and is located in the Blue Ridge Mountains. This region offers breathtaking views in the fall and experiences all four seasons. The average January temperature is around upper 20s/lower 30s and July temperature is around upper 80s/lower 90s.

Roanoke Virginia is located right next to Salem and is home to nearly 100,000 residents. The Roanoke-Blacksburg Regional Airport and Interstate-81 allow for easy transportation to and from the Roanoke/Salem area.

- We are famous for our Mill Mountain Roanoke Star and Park – a “must see” on most visitors list, 88 foot manmade star (the largest in the world) sits on majestic Mill Mountain surrounded by landscaped city park, hiking and biking trails and a Zoo!
- Famous for our Blue Ridge Mountains
- Historical Downtown Roanoke attractions and many of local restaurants and coffee shops to choose from – Saturday farmers markets are also held here during the summer and fall.
- Elmwood park is local amphitheater where outdoor concerts and festivals are held
- Many hiking trails, greenways, parks and other outdoor activities to do in Roanoke and its surrounding areas
- Many historical buildings around Roanoke
- Virginia Tech is about a 40 minute drive from Roanoke – Hokie Sporting events
- Shopping malls and local boutiques
- Smith Mountain Lake offers boating, paddle boarding, jet skiing, and many other water activities







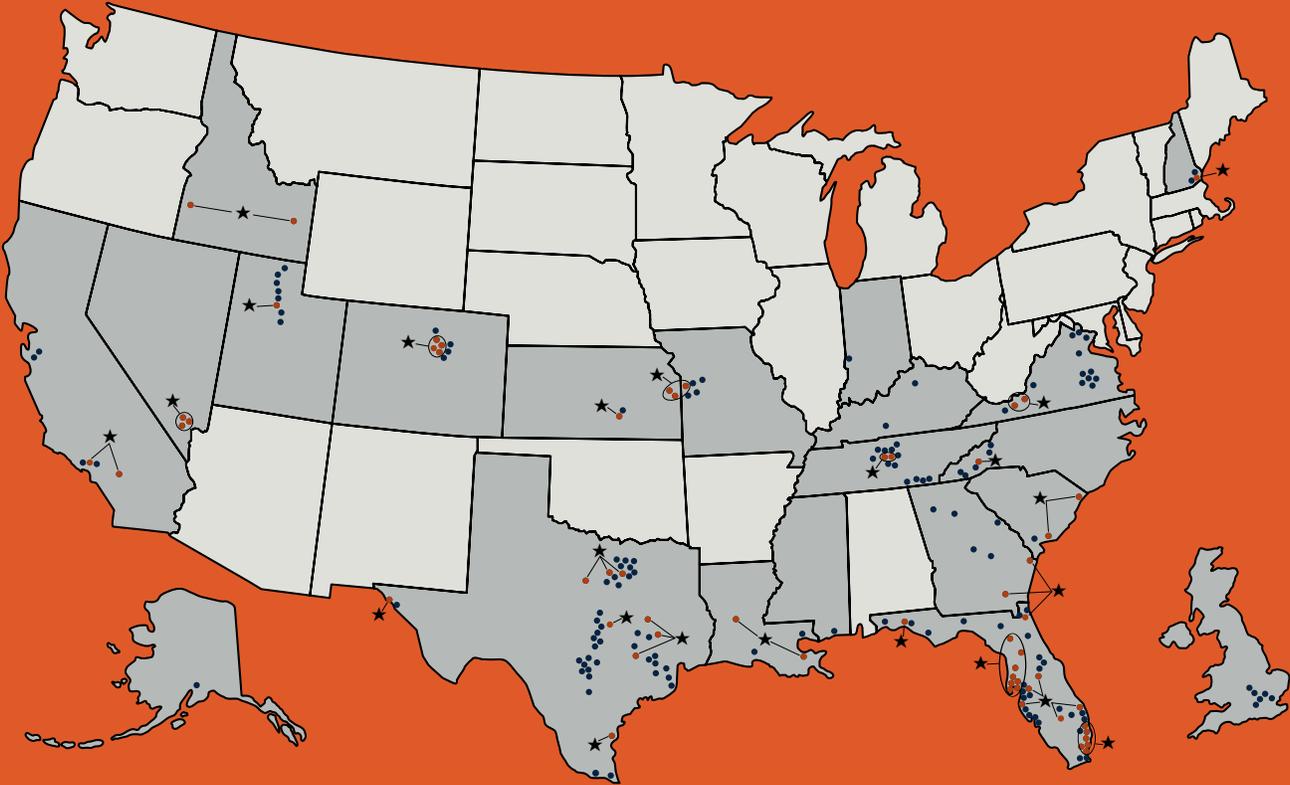
# About HCA Healthcare GME

HCA Healthcare is a comprehensive healthcare network with over 275,000 colleagues across more than 2,000 care facilities all committed to creating a positive impact every day. We continually invest in our colleagues and facilities to better serve our patients and local communities. The Graduate Medical Education (GME) programs seek to inspire tomorrow's physicians to care for and improve human life by focusing on patient-centered approaches to practicing the latest evidence-based medicine.

**To learn more about the benefits and expectations of training with an HCA Healthcare program, view our [Resident and Fellow Manual](#).**



Our residency and fellowship programs are in **59**  
hospitals located in **16** states



- ⊛ Residency or Fellowship Program
- HCA Healthcare Hospital



## Size

HCA Healthcare Graduate Medical Education is the largest sponsor of residency and fellowship programs across the nation.

**4,637**  
residents

**289**  
fellows

**218**  
specialty programs (residencies)

**79**  
sub-specialty programs  
(fellowships)



## Scholarly Activity

HCA Healthcare Graduate Medical Education provides a critical link between vigorous scholarly activity and real-world patient care from a sophisticated data repository of more than 32 million patient encounters each year.

**2,500+** HCA Healthcare GME scholarly activities in 2020-21.



## Clinical Training

Each year approximately five percent of all U.S. hospital services happen at an HCA Healthcare facility, including:

**32+ million** patient encounters  
**7.4 million** emergency room visits  
**215,000+** babies delivered

HCA Healthcare Graduate Medical Education is a leader in clinical experience.

- Nationally known physician expertise across the country
- Investments in facilities allowing the advancement of patient care
- High emphasis on simulation results and low patient incidents
- Higher patient touch than academic facilities
- Annual collaborative mass casualty event team training

# A commitment to scholarly activity

Based on more than 32 million patient encounters each year, our scholarly activity bridges the gap between compelling evidence and exceptional patient care.



Our experiential learning is rooted in evidence-based medicine that leads to innovative, **real-world patient health solutions**.

Merging the rigor of **ACGME** accreditation with high patient touch, our residents and fellows deliver evidence-based care that demonstrates our mission to care for and improve human life.

We offer **National Grand Rounds** that leverage accomplished clinical expertise from across HCA Healthcare, bringing the nation's leading medical experts to our residency and fellowship programs.

#### **Notable Publications**

- *JAMA Internal Medicine*
- *Annals of Surgical Oncology*
- *CHEST Journal*
- *American Journal of Respiratory & Critical Care Medicine*
- *Obstetrics & Gynecology*

#### **Notable Presentations**

- American College of Cardiology
- Society of Critical Care Medicine
- American College of Physicians
- Society of Hospital Medicine
- American College of Surgeons

## **Influential Collaboration**

HCA Healthcare residents and fellows have access to talented, highly skilled teams of faculty, industry experts and dedicated researchers to guide them through their journey. Residents and fellows produce evidence that drives future practice by leveraging HCA Healthcare's national clinical data warehouse – the heart of our data ecosystem.

**HCA Healthcare Scholarly Commons** is a platform to collect, share and publish the variety of academic work created by the Graduate Medical Education community. During 2020, readership of those works eclipsed the 25,000 mark. Included on this platform is the **HCA Healthcare Journal of Medicine**, a peer reviewed scientific periodical focused on innovation, enhanced quality and developing new knowledge in clinical care and medical education for the benefit of all patients. In its first year of publication, the journal disseminated 86 articles in six issues as well as a seventh special issue on the COVID-19 pandemic.

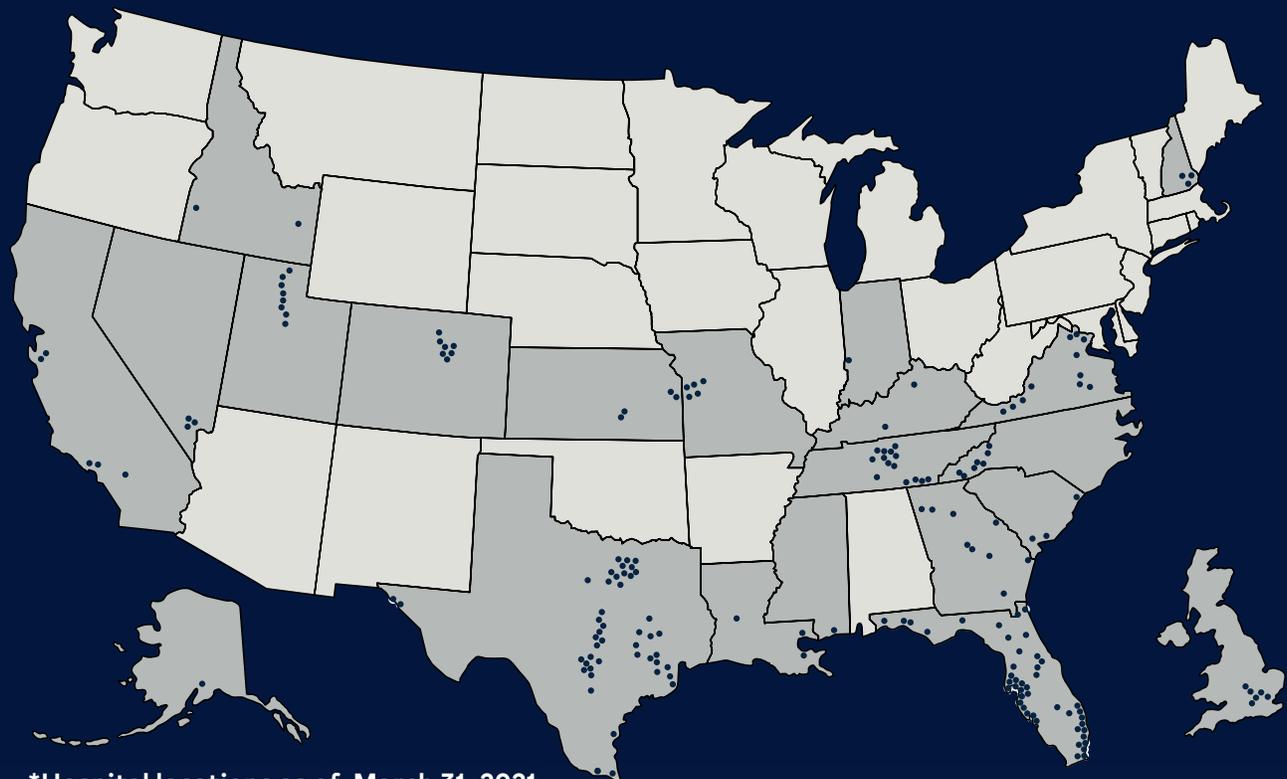


# About HCA Healthcare

HCA Healthcare is one of the nation's leading providers of healthcare services and is comprised of 186 hospitals and more than 2,000 sites of care including surgery centers, freestanding ERs, urgent care centers, diagnostic and imaging centers, walk-in clinics and physician clinics in 20 states and the United Kingdom. With its founding in 1968, Nashville-based HCA Healthcare created a new model for hospital care in the United States.



**186** hospitals and more than **2,000** sites of care  
located in **20** states and the United Kingdom



\*Hospital locations as of March 31, 2021

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## Size

**275,000**  
colleagues

**93,000+**  
registered nurses

**47,000<sup>^</sup>**  
active and affiliated physicians



## Patient Care

HCA Healthcare's U.S. hospitals provide approximately 5% of all inpatient hospital services in the country.

In 2020:

**32+ million**  
patient encounters

**7.4 million**  
emergency room visits

**215,000**  
babies delivered

View the **HCA Healthcare Community Impact Report** to learn more about our award-winning programs, technology advances and partnerships with community organizations to fulfill our commitment to the care and improvement of human life.



## Giving Back

**\$3.4+ billion**  
estimated 2020 cost for the delivery of charity care, uninsured discounts and other uncompensated care

**\$45 million**  
in charitable cash contributions provided across the enterprise in 2020

We are committed to expanding our relationships with our communities by investing **\$10 million** over the next three years in Historically Black Colleges and Universities (HBCUs) and Hispanic-Serving Institutions (HSIs) across our footprint.\*

\*Starting in 2021



## Industry Leader

Sarah Cannon, the Cancer Institute of HCA Healthcare, provides **state-of-the-art cancer care** close to home for hundreds of thousands of patients, a number unmatched by any single cancer center.

HCA Healthcare affiliates deliver healthcare services in **more than 150 languages and dialects**.

HCA Healthcare has treated more COVID-19 inpatients than any other health system in the U.S.

<sup>^</sup>Approximate

