

MDS Mentorship Program Summary Report

Primary Mentor: Dr. Kanade Shinkai, M.D., Ph.D.

Secondary Mentors: Drs. Anna Haemel, M.D., Timothy Berger, M.D., Tina Bhutani, M.D., Wilson Liao, M.D., and Haley Naik, M.D.

I am deeply grateful to the Medical Dermatology Society for providing me with the opportunity to spend four weeks at the University of California, San Francisco under the mentorship of Dr. Kanade Shinkai. There is a paucity of randomized controlled trials available to guide us in the care of many challenging dermatologic conditions. As such, I was eager to learn how seasoned clinicians approach complex dermatoses at Northern California's largest tertiary referral center. Prior to arriving in San Francisco, Dr. Shinkai and I worked together to tailor an experience that would match my educational goals – to participate in the diagnostic workup and care for patients with medical complex disease in both the inpatient and outpatient setting.

Much of my time was spent with the inpatient dermatology consultative service. On the inpatient service, I primarily worked with Dr. Shinkai but also had the opportunity to learn from Dr. Anna Haemel for a few days. Over the course of the month, I saw several cases of complex drug eruptions including Drug Induced Hypersensitivity Syndrome. One notable inpatient case was a profoundly immunosuppressed patient with disseminated angioinvasive fusarium infection who I saw daily for most of my four week rotation. Being a part of the team as the initial diagnosis was made, watching the morphology of skin lesions evolve with time, and determining treatment and monitoring recommendations made it an incredible longitudinal learning case. As one of my clinical interests is psoriasis and psoriatic arthritis, Dr. Shinkai put me in touch with Drs. Bhutani and Liao, who invited me to spend two days at UCSF's psoriasis and skin treatment center. I was able to meet patients being treated with the Goeckerman regimen. This was quite a uniquely educational experience as UCSF is one of only a few centers in the U.S. to still offer this treatment modality. Throughout the month, I also spent time seeing patients in general dermatology outpatient clinics with Dr. Shinkai and specialty clinics with Drs. Berger, Naik, and Haemel.

One of the exciting yet challenging aspects of dermatology is the crucial role physical exam findings play in aiding diagnosis. After each patient, Dr. Shinkai helped me refine my identification of the primary morphology of a patient's cutaneous lesion or eruption. When formulating a differential diagnosis for challenging cases with a constellation of symptoms and pertinent lab findings, I learned to take into consideration pretest probabilities when weighing the likelihood of each diagnosis.

Despite the long days of seeing many complex inpatients, Dr. Shinkai's interaction with her patients underscored the philosophy that kindness, compassion, and patience are as important as skillful diagnosis and treatment. Watching her sit at the bedside, listening intently to a patient's concerns made me feel hopeful that I too will be able to be the attending physician and patient advocate I envisioned for myself when I started my journey in medicine years ago.

As a dermatology resident in my final year, my experience over the past month working with Dr. Shinkai has reaffirmed my career aspirations of caring for patients with medically challenging dermatologic conditions. I am thankful to Dr. Shinkai and the UCSF Department of Dermatology for their warm welcome and support allowing me to further explore my clinical interests.

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