

Gastroenterology

Kaiser Permanente Los Angeles Medical Center

Kaiser Permanente is among the nation's largest and most highly regarded health care delivery organizations. Our large and diverse patient base provides a full panel of fundamental and complex cases that give fellows the invaluable tools needed to practice in the medical environment of their choice.

Therapeutic Endoscopy



Starting from your first year of fellowship, one of our core objectives is to help you master the art—and science—of diagnostic and therapeutic endoscopy. Beginning with upper endoscopies and diagnostic colonoscopies, the

cornerstones of every modern GI practice, you will learn not only the technical performance of these procedures including gastrointestinal emergencies, but also the ability to articulate a particular procedure's indication, risk, benefits, alternatives, and limitations.

Then, depending on your interest and program director approval, you may choose to pursue an endoscopic concentration during your senior year of fellowship. We are a high-volume center, performing over 9,600 colonoscopies, over 400 endoscopic ultrasound examinations, and over 400 ERCPs

annually. At Los Angeles Medical Center, we perform a wide range of interventional gastroenterology procedures including:

- Endoscopic retrograde cholangiopancreatography (ERCP), including advanced interventions such as direct cholangioscopy (baby scope/Spyscope)
- Endoscopic ultrasound with fine needle aspiration (EUS-FNA) and complex interventional EUS (rendezvous, transduodenal stent placement, etc)
- Endoscopic mucosal resection (EMR), upper and lower
- Endoscopic ampullectomy
- Radiofrequency ablation (RFA)
- Endoluminal stenting
- Single balloon and double balloon enteroscopy (via regional sites)
- Wireless video capsule endoscopy



Early exposure will be particularly important to help you in your subsequent career path—for example, pursuing a third-tier Advanced Endoscopy Fellowship. Similarly, with a robust regional database of 3.7 million members as well as a regional research facility (Walnut Center), advanced endoscopy-themed research projects are not only feasible, but highly encouraged and supported.

Inflammatory Bowel Disease



Marianne Fahmy, MD

The Inflammatory Bowel Disease program at Los Angeles Medical Center is a multi-disciplinary team including gastroenterologists, colorectal surgeons and a team of radiologists with specialized training in the management of Crohn's disease and ulcerative colitis.

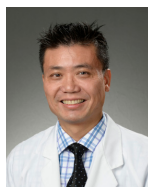
Dr. Marianne Fahmy specializes in the diagnosis and management of patients with complex inflammatory bowel disease.

In 2013, we cared for over 11,000 unique patients with either Crohn's disease or Ulcerative Colitis across Southern California and over 900 individuals at our medical center. In addition to inpatient management of acute disease exacerbations, all fellows rotate through a weekly IBD-focused clinic that is precepted by Dr. Fahmy. This provides the opportunity to gain experience in managing both straightforward and highly complex cases of inflammatory bowel disease. Many of these complex cases are further discussed at a monthly interdisciplinary meeting.

Motility Training

We offer a full range of gastrointestinal motility testing and serve as the regional referral center for Southern California Kaiser Permanente. Services provided by our medical center include the following:

- Breath testing for bacterial overgrowth and carbohydrate malabsorption
- High resolution esophageal manometry
- BRAVO and catheter-based pH testing
- Anorectal manometry
- Colonic motility testing
- Gastric emptying testing



Kenny Liu, MD

Additional services include bio-feedback training and gastric electrical pacing.

The motility program at LAMC is led by Dr. Kenny Liu. Dr. Liu specializes in disorders of esophageal motility and refractory reflux disease. In addition, fellows with a special interest in motility

training have pursued elective rotations outside the Kaiser Permanente health system both locally as well as across the country as part of the clinical motility training program sponsored by the American Neurogastroenterology and Motility Society.

Hepatology



Amandeep Sahota, MD

The Hepatology department at Los Angeles Medical Center (LAMC) is a tertiary referral center for management of advanced liver diseases, including liver transplantation. The department is guided by the visionary leadership of Dr. Amandeep Sahota, who also serves as Regional Director for Transplant services (liver, kidney, heart, bone marrow, lung) across Kaiser Permanente Southern California—staffed with six board-certified transplant hepatologists, about 100 patients receive liver transplant every year. An approximate total of 1200 liver transplant patients are actively followed in the liver clinic.

The Hepatology department at LAMC provides unique opportunities for gastroenterology fellows to manage and learn complex liver diseases. These opportunities include: a) Weekly multidisciplinary hepatocellular carcinoma (HCC) tumor board conference attended by transplant hepatologists, hepato-biliary surgeons, radiologists, gastroenterologists, and interventional radiologists. b) Weekly national transplant services committee meeting reviewing patients' candidacy for liver transplant listing. c) Primary inpatient hepatology service rounding on pre and post-transplant liver transplant patients. d) Fibroscan clinic with approximately 30 scans performed every week. e) Paracentesis clinic. f) Biweekly to monthly cardiology and interventional radiology conferences reviewing patients' candidacy for a liver transplant. g) Monthly hepatology journal club with quarterly all transplant specialties journal club. h) Active participant in several liver research trials including NASH, PSE, HCC trials. Expansive electronic medical record system since 2006 with several disease registries is a source of rich database utilized for clinical research.

The above outstanding aspects of the department have been a source of inspiration to gastroenterology fellows with several recent graduates pursuing transplant hepatology as their career. Encouraged by this interest, the department strives to work with Graduate Medical Education at Kaiser Permanente to offer a 3-year combined gastroenterology/transplant hepatology fellowship program.

Pancreatic Care



Bechien Wu,
MD, MPH

The Center for Pancreatic Care (CPC) is a regional program based at LAMC. This virtual network brings together therapeutic endoscopists from across the region as well as gastroenterologists, radiologists, surgeons and nutrition services at LAMC. The mission of the Center is to provide an innovative

approach to comprehensive care for patients with pancreatic disorders including acute pancreatitis, chronic pancreatitis, cystic neoplasms and pancreatic cancer. Regional innovations at Kaiser Permanente Southern California developed through the CPC include implementation of an inpatient acute pancreatitis order-set to streamline care for patients hospitalized with acute pancreatitis at any one of our 15 area hospitals.

Our team has also developed a regional guideline for incidental cystic neoplasms of the pancreas that has helped to standardize reporting of these lesions across all radiology departments in KPSC. The guideline also provides recommendations based on evidence that was generated through research conducted at KPSC.

In addition to a monthly case-based multi-disciplinary pancreas conference, fellows gain exposure to the management of complex cases of pancreatitis as LAMC is the tertiary referral center for Southern California with over 700 admissions for acute or chronic pancreatitis on an annual basis.

Digestive Health and Wellness Program

We believe a comprehensive, team-oriented approach is necessary to achieve optimal outcomes for patients with functional gastrointestinal disorders. The Digestive Health and Wellness Program incorporates gastroenterology, nutrition services, stress management education as well as physical therapy into the care of patients with irritable bowel syndrome. An integrated treatment plan is developed with specific treatment recommendations and care goals tailored to the needs of an individual patient.

Our gastroenterologists work to confirm a diagnosis of irritable bowel syndrome while excluding other potential causes for a patient's symptoms. In addition, evaluation is performed to identify potential contributing factors such as motility disturbances or small intestinal bacterial overgrowth. Meanwhile, our nutrition counseling services will provide dietary counseling on methods to reduce symptoms through alteration in diet such as adherence to a low fermentation diet (low in fermentable oligo-, di-, monosaccharides and polyols FODMAP). An additional key component to the Digestive

Health and Wellness Program is participation in the Stress Management program offered through Health Education at KP Los Angeles. Here, techniques such as mindful meditation are used to address the impact of stress and visceral hypersensitivity on symptoms in patients with functional gastrointestinal disorders. Finally, services including bio-feedback training are offered through our partners in physical therapy.

Quality and Innovation



Vijayamalani
Pampati, DO

We believe that quality improvement and innovation are the cornerstones to delivering exceptional care. Examples of quality improvement initiatives include our continuous peer-review process led by Dr. Vijayamalani Pampati, DO and inpatient task force to prevent hospital acquired infections. Innovations in care delivery include the proactive office encounter in all ambulatory visits and implementation of a regional fecal microbiota transplant (FMT) program for patients with refractory clostridium difficile.

This philosophy extends to the Gastroenterology Training program as well. All fellows are expected to participate in a quality improvement project as well as develop a tailored curriculum to further develop their area(s) of interest within during their 2nd and 3rd years of training.



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