

Proud Past, Bright Future:

*Celebrating our progress and
outlining future vision for our Division*



Department of Medicine
Division of Gastroenterology and Hepatology

Welcome Message from the Chief

W. Ray Kim, MD | Division Chief, Gastroenterology & Hepatology

56 – 35 – 30 – 15 – 10

For the mathematically inclined, this sequence may trigger a reflex to recognize a hidden pattern. While there might be a formulaic solution, those numbers represent how Stanford GI has ranked in the US News report of medicine specialty in the past 5 years covering some 8 years' worth of data. We have moved up consistently and rapidly.

This Fall, I will have been the GI Chief at Stanford for 10 years. As I reflect on the decade, I am humbled by the tremendous advances built on a foundation established over the decades before.

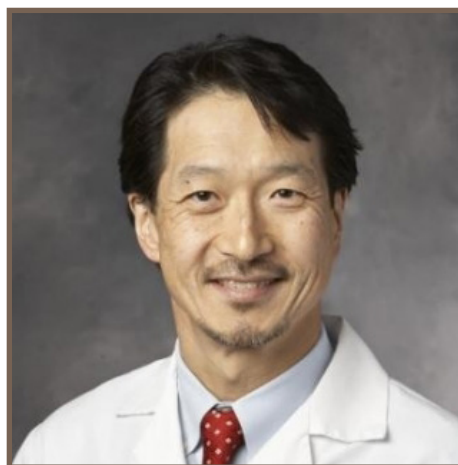
As our mission statement declares, we consider training and education our number one goal. Our flagship program, the ACGME GI fellowship, consists now of five fellows per year. It has become one of the most sought-after programs of its kind in the nation. We have several advanced fellowship training opportunities; the newest is the transplant hepatology fellowship. Our graduates have been successful with many joining our faculty.

As you will note in this newsletter, we have expansive, vibrant, state-of-the-art clinical programs encompassing all areas of gastroenterology and hepatology. Our faculty grew from 17 a decade ago to 62 today with a majority actively engaged in clinical roles. As the US News ranking indicates, Stanford GI is acknowledged to deliver the highest quality care in the nation, but we would not be Stanford Medicine if we didn't have ground-breaking impact on research. Our scope ranges from basic biology to translational science to clinical trials and to population health. In the past 12 months alone, our faculty, fellows and postdoctoral scholars made more than 100 presentations at national and international scientific meetings and produced more than 400 publications.

Beyond these quantifiable achievements, I am proudest of our culture. We established our CoMET principles – Community, Mentorships, Equity, and Transparency, articulating our values as a family. Our growing diversity is also making us better and stronger as a Division – for example, 45% of our faculty are women, which is twice the national average.

We strive to be better continuously. As always, we look forward to hearing back from you.

Warmest, Ray Kim



Vision: To heal, cure and prevent digestive diseases in the Bay area and beyond

Mission: To train the best future leaders in academic gastroenterology and hepatology by advancing knowledge and delivering the highest quality care through research, innovation, compassion and leadership



Department of Medicine
Division of Gastroenterology and Hepatology

School of Medicine

Proud Past, Bright Future

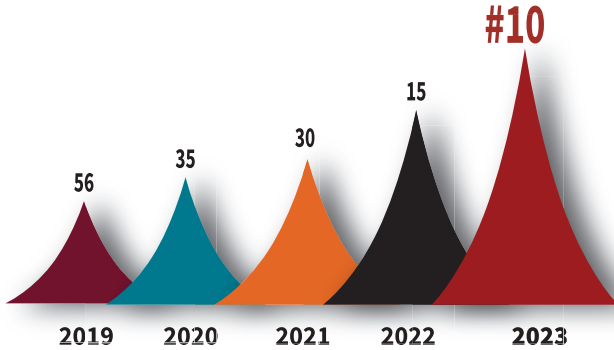
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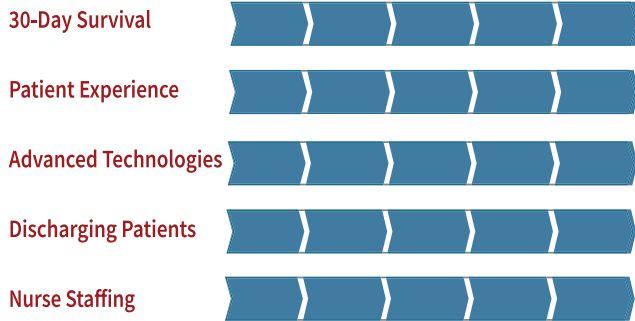


Overview of our Journey over the Past Decade

National Ranking and Recognition



Our national ranking in the US News and World Report Rankings has steadily and consistently moved up over the past 5 years and we are now ranked #10 in the nation! As the No. 1 hospital in California and No. 1 in the San Jose metro area, the report states “Stanford Healthcare-Stanford Hospital excels at caring for the sickest, most medically complex patients”.



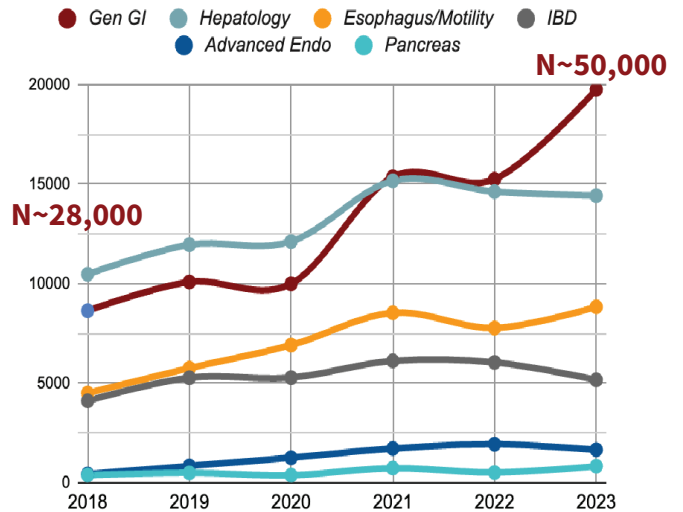
The US News and World Report ratings are determined through comprehensive data analysis, which includes evaluating patient outcomes, assessing the volume of high-risk patients, considering the patient experience, examining nurse staffing levels, and taking into account the utilization of advanced technologies. In all these critical areas, we have excelled, securing top-quartile rankings across the board and earning the prestigious “Excellent” ratings.

Growing Clinical Practice

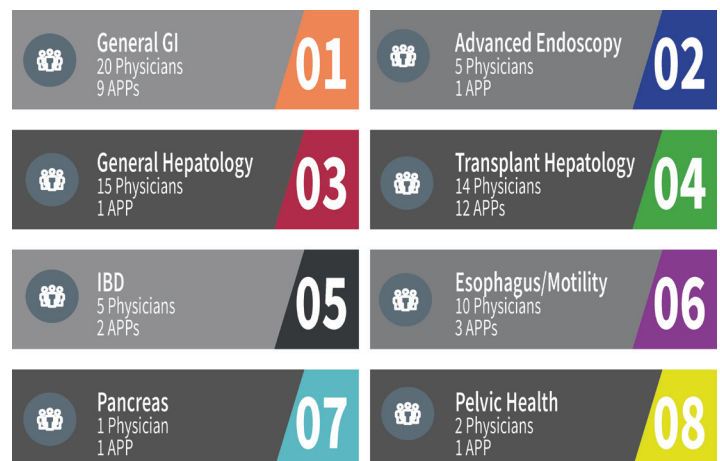
Our dedicated teams of physicians, internationally renowned experts in the management of complex GI and liver conditions, have played a pivotal role in our growth. We now offer 18 clinical programs within our division, delivering cutting-edge, patient-centered care in gastroenterology and

hepatology. Over the past 10 years, our division has grown tremendously. We serve more patients, provide advanced care and excel in delivering high-quality services in all our practices.

Number of Patients seen in our Clinics



Currently, we have 8 specialty outpatient clinics in addition to the inpatient teams. The clinics are staffed by our faculty, many of whom are leading experts in their own specialty, as well as advanced practice providers supported by nursing and administrative staff. In the most recent fiscal year, we received over 16,000 external referrals and completed over 50,000 visits in our clinics. These growths have translated to 217% growth in clinical revenues to the Division and 580% increase in the contribution to the Stanford Health Care. Together, our commitment to excellence and innovation continues to drive us forward, ensuring a brighter and healthier future for all those we serve.



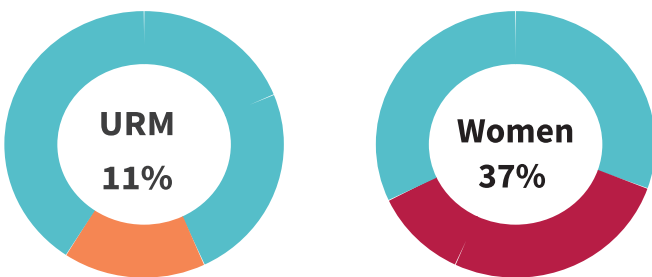
Overview of our Journey over the Past Decade

Growing our Work Family



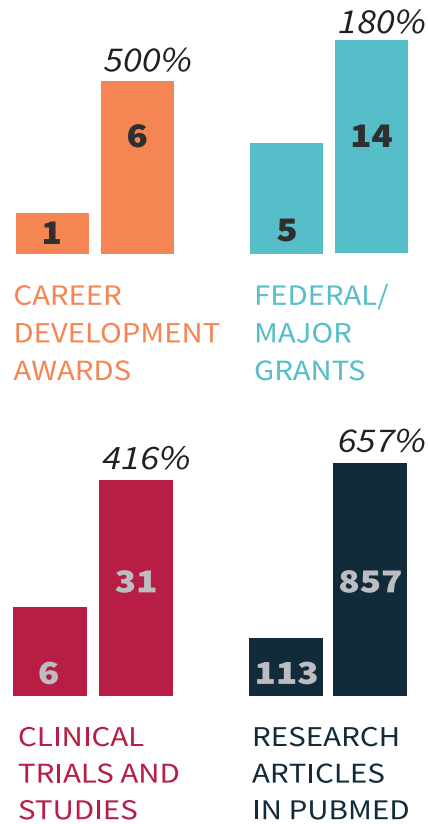
Over the past decade, our division has embarked on a journey of remarkable and deliberate expansion. Back in 2012, our division was composed of a modest 82 individuals. However, as we usher in 2023, our division proudly boasts a membership of 163 dedicated individuals. Notably, our faculty, comprised of 17 members in 2012, has undergone substantial growth, now consisting of 62 accomplished academicians. This expansion has been meticulously planned to ensure that as we've grown in numbers, our sense of community has remained unwavering. Our team of faculty, staff, and fellows, committed to our academic mission of educating the future leaders in GI, advancing knowledge of digestive disorders, and delivering the highest quality of patient care, is actively fostering a diverse and inclusive workforce within a nurturing work environment.

Improving Diversity, Equity and Inclusion



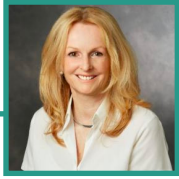
We take pride in the fact that our diverse and dynamic community comprises individuals from various corners of the globe. Our ongoing commitment lies in maintaining our tradition of attracting a multifaceted workforce, fostering an enriching learning atmosphere for our trainees, and providing a welcoming environment for our patients. Furthermore, we are equally dedicated to cultivating a positive workplace culture that prioritizes the holistic well-being.

Establishing our Research Footprint

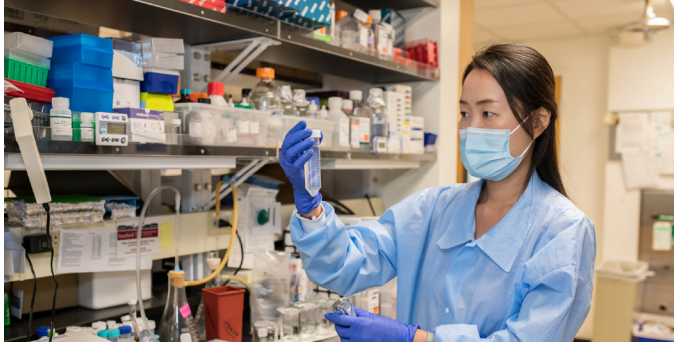


The Stanford Division of Gastroenterology and Hepatology conducts a vast array of exciting research in a unique environment that continually fuses basic and clinical sciences. Our world-class faculty are strongly funded by numerous independent grants and awards. Over the past decade, our research endeavors have experienced remarkable growth. We've achieved an increase in career development awards and NIH R01-level grants, demonstrating our dedication to advancing scientific knowledge. Furthermore, our publication output has surged, encompassing a wide spectrum from basic to translational and clinical research. In parallel, our commitment to advancing patient care is evident through the expansion of clinical trials under our supervision. This collective growth reflects our relentless pursuit of excellence in research.

Advances in Research and Innovation: Nurturing the Physician-Scientists of Tomorrow



Natalie Torok, MD | Vice Chair, Laboratory Research



One of the main pillars of the Stanford GI/ Hepatology Program is research and the training of the next generation of physician-scientists. Our research program has undergone a major growth over the last five years - driven by the arrival of new faculty, the expansion of our cadre of talented junior faculty, our scientific discovery, and our campus collaborations beyond medicine. As a result, the Division now has the second highest level of extramural funding within the Department of Medicine.

Our research focus encompasses both basic and translational endeavors. These pursuits encompass state-of-the-art studies in molecular virology, microbiome, mucosal immunity as well as studies on imaging/biomarkers in cancer, steatotic liver disease, hepatocellular carcinoma, and aging. Complementary to these pursuits are our epidemiological and outcome studies, which are dedicated to crafting predictive models for end-stage liver disease while delving into the unique aspects of steatotic and alcoholic liver conditions across diverse populations.

The division now has 31 active clinical trials, that are either investigator-initiated or company-sponsored. This underscores our dedication to advance medical knowledge and patient well-being through thorough collaborative research

Our major goal is to foster the training of our highly accomplished physician-scientists, as they pursue careers in investigative medicine. With the renewal of our T32 program that is now in its 47th year, we are continuing these strong traditions in basic, translational, clinical, and population-based research.

In the last cycle, our trainees published 112 papers; 48 were first-authored. This team received 10 awards/grants, including internal, society, and career awards. Four trainees received K awards; five completed master's programs while pursuing T32 studies. The majority of graduates are now faculty at renowned academic institutions, including Stanford.

“At its heart, our journey is about nurturing the potential of future leaders who will shape the landscape of medicine through innovative research.”

We are confident that with the strong initiatives from our Department of Medicine such as the Team Science Program, and our growing number of exceptional faculty and instructors, our research productivity will continue to excel.



Cultivating Excellence: Nurturing the Next Generation of Leaders in GI & Hepatology

David Limsui, MD | Program Director, GI Fellowship



The Stanford Gastroenterology Fellowship Program strives to train outstanding gastroenterologists and future leaders in academic medicine. Our fellows master comprehensive cognitive and procedural skills through a broad range of training experiences with diverse patient populations at Stanford Health Care, VA Palo Alto Health Care, and Santa Clara Valley Medical Center. We appreciate that each fellow has their own unique background, interests, and career goals.

We have promoted significant improvements and activities in the past several years to achieve our goals. They include enhancing diversity of our fellowship through holistic recruitment efforts, and fostering inclusivity; customizing career-development tracks for physician-scientists, translational and clinical researchers, and clinician educators; starting semiannual research retreats; developing a subspecialty curriculum; adding conferences focused on career-development; advancing supportive mentorship programs and well-being initiatives; and facilitating collaboration across our university and nationwide. These achievements of our program led to impressively higher ACGME program quality metrics and the successful approval and funding to expand our program from a total of 12 to 15 fellows.

Our gastroenterology fellowship is recognized as one of the top programs in the nation and successfully recruits the most exceptional and diverse candidates. In the past eight years, our program had thirty-four graduates with a total of 159 invited conference presentations and 140 peer-reviewed publications during their GI fellowship. Twenty-six percent of our graduates successfully pursued advanced fellowship training in advanced endoscopy, transplant hepatology, or inflammatory bowel disease. Seventy-six percent of our graduates are faculty at top academic medical centers, and we are so happy that many of them have joined our own faculty at Stanford.

“Our personalized and innovative educational curriculum ensures professional and personal growth in many possible directions: basic or translational science, patient-oriented research, biotechnological innovation, or cutting-edge clinical practice and medical education.”

In the future, we plan to continuously improve our program’s rigorous foundation of clinical training and scholarship by equipping our fellows with the opportunities and skills to achieve success in their chosen paths.



Harmonizing Diversity, Equity, and Inclusion with Wellness: Elevating Our Collective Well-Being

Nielsen Fernandez Becker, MD | Vice Chief, DEI and Wellness

Meredith Craven, PhD | Director, Wellness

Arghavan Salles, MD | Director of Diversity, Equity and Wellness

Damanpreet Grewal, MD | Director, Community Partnership

In our division, we prioritize both Diversity, Equity, and Inclusion (DEI) and wellness. We firmly believe that these two pillars are interconnected and essential in fostering a supportive environment where everyone can thrive. Through active promotion of DEI initiatives, we embrace and celebrate the unique backgrounds and perspectives of our team members, recognizing that inclusive diversity enriches our collective knowledge and drives innovation.

Simultaneously, we place a strong emphasis on clinician wellness, understanding that a healthy and balanced workforce is crucial for providing the best care to our patients.

Our dedicated leadership team has worked tirelessly to achieve many accomplishments in promoting wellness and DEI through various initiatives.

Notable highlights of our efforts include hosting a symposium “Communication Skills to Optimize the Patient-Provider Relationship,” led by esteemed visiting professor, Dr. Douglas Drossman. This symposium offered -valuable communication strategies to foster stronger connections between patients and healthcare providers, ultimately improving patient outcomes.

To address the impact of burnout on healthcare professionals, we organized a two-part workshop led by Dr. Mickey Trockle. These sessions focused on enhancing self-valuation and combating burnout among our faculty and fellows by teaching cognitive restructuring and self-compassion skills. Furthermore, we expanded our internal Stanford GI Resource Portal, adding a dedicated “Wellness Resources” section to empower our team to proactively engage in their well-being.

Recognizing the importance of work-life balance, community building, and camaraderie, we organized various social events, such as a wine education gathering showcasing women and minority-owned vineyards, along with potluck events celebrating our GI Jane Support Network and the entire GI group, including children and spouses.

“Through active promotion of DEI initiatives, we celebrate the unique backgrounds and perspectives of our team members.”

We also hosted creative activities like cooking, and art sessions to foster a sense of community and support among team members. Commensality groups are also being formed to nurture this bond.



Harmonizing Diversity, Equity, and Inclusion with Wellness: Elevating Our Collective Well-Being

Our commitment to wellness extends beyond social events. We secured a wellness grant to invest in a more comfortable and ergonomic work environment for all our faculty.

We actively nurture a diverse faculty and fellowship to reflect our rich culture and to ensure representation for all individuals we serve. Our efforts are designed to recognize and minimize implicit bias and to consider “distance travelled” in our recruitment criteria.

We have updated our monthly faculty meetings to feature either a “Diversity Spotlight: Path to Medicine” or a “Wellness Tidbit,” celebrating diversity within our group and highlighting resources for individual well-being at Stanford.

We have created a quarterly speaker series focused on Justice, Diversity, Equity, Inclusion, and Wellness, featuring experts like Dr. Al'ai Alvarez, who recently addressed authenticity and professional growth to positive reception.



Our community engagement initiatives have made significant strides, from mentoring local youth to improving access to colon cancer screening for underrepresented minority members.

“With unwavering dedication to DEI and wellness, we honor the richness of differences, promote balance, and strengthen our sense of unity, laying a solid foundation for a thriving healthcare community. “

Collaborating with the Stanford Health Careers Collaborative, we educated high school students at the East Palo Alto Academy about gastroenterology. Our inaugural Health Careers Day at our RWC Campus introduced young learners to a variety of careers involved in the collaborative field of medicine, providing valuable insights and encouragement.

These events highlight the importance of “representation matters” as youth consider their future opportunities. As part of this effort, we are collaborating with various high schools in our immediate community to expand our footprint and add a GI curriculum to the Stanford Diabetes Youth Program.

On our path towards equity, we have focused on increasing education and healthcare access for the underrepresented minorities. First steps include securing funding to create 10-minute videos addressing critical health subjects such as colon cancer screening, fatty liver disease, and inflammatory bowel disease, which will be distributed at local community practices and community centers.

Harmonizing Diversity, Equity, and Inclusion with Wellness: Elevating Our Collective Well-Being

Finally, we are thrilled to announce the imminent launch of our most significant community engagement and equity project: screening colonoscopies.

Colonoscopies are a well-established intervention proven to reduce the incidence of colon cancer. Through this initiative, we aim to partner with Operation Access and Sutter health to provide this potentially life-saving procedure to community residents who currently lack access to such essential healthcare services and are at high risk for developing colon cancer.

In conclusion, our division is firmly dedicated to nurturing an inclusive and caring culture where every individual can flourish personally and professionally.

Through our unwavering commitment to DEI and wellness, we strive to create an environment that fosters support and growth for all, leading to optimal patient outcomes and overall well-being for our team. By celebrating diversity, promoting work-life balance, and fostering camaraderie, we are building a strong foundation for a thriving, inclusive and compassionate healthcare community.

Looking to the future, we strive to build on these initiatives to promote the growth and cohesiveness of our group. Together, we will build on our achievements and pursue innovative avenues to ensure the enduring success of the diversity and wellness of our division.

Meet our DEI Directors



Meredith Craven, PhD
Director, Wellness



Nielsen Fernandez-Becker, MD
Vice Chief,
Diversity, Equity and Wellness



Damanpreet Grewal, MD
Director,
Community Partnership



Arghavan Salles, MD
Director,
Diversity, Equity and
Wellness



Inclusion 2023

B E L O N G I N G

Expanding Frontiers: The Growth and Evolution of Our General Gastroenterology Group

David Goldenberg, MD | Director, General GI



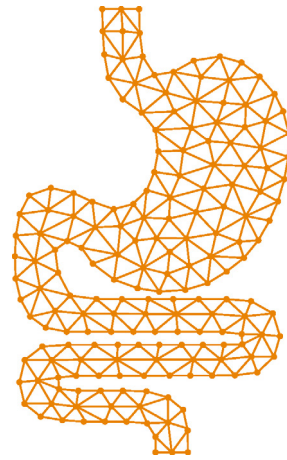
The general gastroenterology group is proud to serve as the gateway to specialized gastroenterology care for most patients, offering rapid access and collaboration with motility, advanced endoscopy, inflammatory bowel disease, and hepatology. Our multidisciplinary approach, including collaboration with surgical groups, ensures comprehensive treatment strategies for both routine and complex conditions.

We have expanded our fecal microbiota therapies to include oral fecal microbiota transplantation, advancing our treatment options. Additionally, our new collaboration with gastroenterology psychology benefits patients with brain-gut interaction disorders. We continue to offer expertise in hereditary cancer syndromes and refractory H. pylori treatment. We are expanding the development of clinical niches in obesity medicine and geriatric gastroenterology as well.



Our team has grown substantially, with 11 new general-focused gastroenterologists, reinforcing our ability to address patient needs when they are most urgent. Subspecialty-focused gastroenterologists remain integrated into general gastroenterology practice.

The addition of our first general gastroenterology nurse practitioner enhances our clinical workforce, while the introduction of three internal medicine hospitalists dedicated to our gastroenterology service at Stanford Hospital ensures acute patient needs are also met while hospitalized.



Our integration with the division's Quality Council reflects our dedication to high-quality care. Our Colon Cancer Screening Program tracks Adenoma Detection Rate (ADR), achieving an impressive 44% departmental ADR and 15-minute withdrawal time. Partnering with Stanford Health Care in the Value-Based Care program enhances patient referrals and reduces readmissions following ED visits.

“We are the gateway to evolving, specialized care, driven by a dedicated and ever-growing team.”

General gastroenterology remains the foundation of our highly regarded fellowship. We offer close mentorship in continuity clinics, outpatient endoscopy as well as hospital-centered care. Residents, interns, and medical students will commonly rotate through our clinic, and we frequently lecture medical students and residents at all levels of instruction.

Forging New Frontiers: Advancing Complex GI Endoscopic Surgery and Training

Joo Ha Hwang, MD, PhD | Director, Interventional Gastroenterology



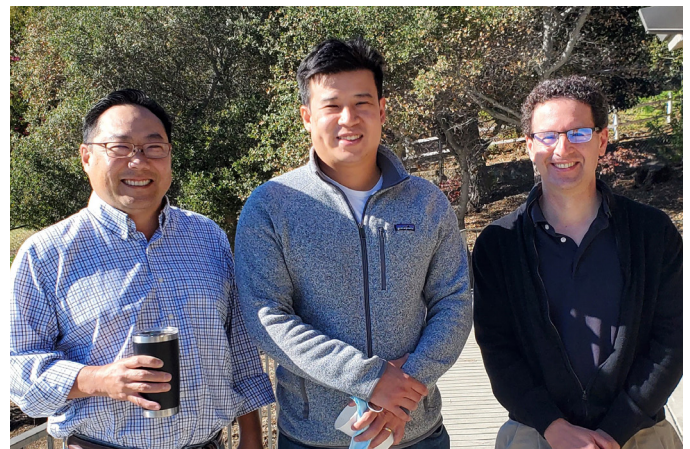
Our GI Endoscopic Surgery/3rd Space Endoscopy program is one of the leading programs in the country and is a collaboration between the Division of Gastroenterology and Hepatology and the Department of Surgery. The program has been rapidly growing, providing a variety of minimally invasive endoscopic interventions for patients in the Bay Area and beyond.

We are a national referral center for complex 3rd Space procedures including:

- *Esophageal per-oral endoscopic myotomy (POEM) for achalasia and other esophageal motility disorders*
- *Gastric per-oral endoscopic myotomy (G-POEM)*
- *Zenker's septotomy*
- *Diverticular reduction/septotomy for large esophageal diverticula*
- *Stricturoplasty for complex strictures*
- *Closure of luminal perforations*
- *Transoral incisionless fundoplication (TIF) for treatment of GERD*
- *Endoscopic submucosal dissection (ESD)*
- *Endoscopic full-thickness resection (EFTR)*
- *Endoscopic transoral revision (eTOR) of G-J anastomosis after G-J bypass surgery for weight loss*
- *Interventional EUS, including EUS-guided gastrojejunostomy and endoscopic pancreatic necrosectomy.*

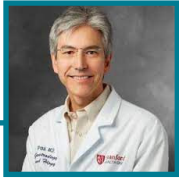
We collaborate closely with referring physicians, motility group and surgeons to identify appropriate patients who are likely to benefit from these cutting-edge procedures. We present complex cases at our multidisciplinary conference, which includes 3rd space endoscopists, GI motility experts, surgeons, and radiologists to review cases and identify optimal therapy for each patient.

We have established a dedicated GI endoscopic surgery/3rd space endoscopy fellowship, one of the first of its kind in the nation. We are extremely excited to offer this new opportunity to formalize training in these extremely complex procedures. This fellowship is currently open to those who have completed either an advanced endoscopy or minimally invasive surgical fellowship. Our inaugural fellow is Dr. Andrew Li who completed his Advanced Endoscopy Fellowship training at Stanford.



We are also actively engaging with industry to improve devices and equipment needed to perform these procedures. Our current team includes Drs. Friedland, Dr. Esquivel, Dr. Wei, Dr. Eldika and me. We are currently in the process of recruiting additional faculty to improve access to patients who would benefit from these procedures.

Leading Change: Stanford's Hepatology Division's Path to Growth and Excellence



Paul Kwo, MD | Director of Hepatology

The Hepatology team at Stanford Medicine, Division of Gastroenterology & Hepatology, has undergone significant transformation while continuing to provide outstanding care in all aspects of acute and chronic liver diseases. Over the past decade, our Hepatology faculty has more than doubled with a total of 16 hepatologists, providing care in Redwood City, Emeryville, Palo Alto, Tri Valley, and the new South Bay location in San Jose. Our clinical and research interests include metabolic dysfunction associated steatotic liver disease (MASLD, formerly known as nonalcoholic fatty liver disease), alcohol-associated liver disease, viral hepatitis, liver malignancies, decompensated liver disease, auto-immune liver diseases, and metabolic liver diseases.

For those who present with decompensated cirrhosis, or liver malignancies, we provide both excellent support and evaluation pathways for transplantation and treat malignancies with multidisciplinary tumor boards.



We have a robust clinical investigation program that provides state-of-the-art and novel therapies for patients with liver disease. Our group is actively conducting research in the diagnosis and treatment of MASLD and fibrosis that are funded by both industry and the NIH.

Our limited sobriety pathway at Stanford, provides those with advanced liver disease - from alcoholic hepatitis and a limited period of abstinence - the

opportunity to be evaluated for transplantation by our multidisciplinary team. We are also conducting clinical trials to study novel therapies for those with severe alcoholic hepatitis. We continue to study novel therapies in chronic viral hepatitis B and D including new therapies which may increase functional cure rates. Lastly, we are testing novel therapies to ameliorate the damage in multiple metabolic diseases including siRNA therapy to treat alpha-1 antitrypsin ZZ genotype and a trial evaluating a novel gene therapy to correct the defective copper transporter in Wilson disease.



“Amidst our growth and expansion, we remain dedicated to delivering exceptional patient care and driving cutting-edge research.”

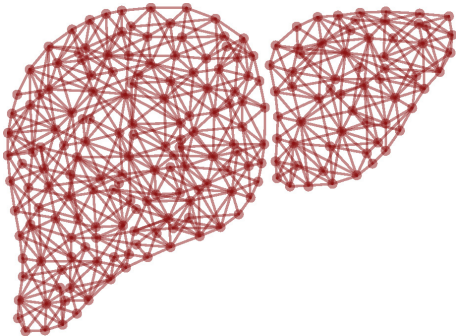
With the addition of several new faculty, our clinic availability has improved within our outreach program, allowing many more patients access in areas including San Pablo, Turlock, Fresno, Gilroy, the Central Coast and others. Finally, we offer many CME opportunities for the treatment of liver and GI disorders allowing us to work together to continue in our mission to improve the liver health of all of those in the Bay area and beyond.

Pursuing Growth and Excellence: Our Journey in Liver Transplant Program Success



Aijaz Ahmed, MD | Director, Transplant Hepatology

Over the past decade, the Adult Liver Transplant Program at Stanford Medicine has experienced remarkable growth, surpassing projections. At the current trajectory, our program is expected to perform 127 liver transplants by the end of fiscal year 2023 – yet another record-breaking year for our program.

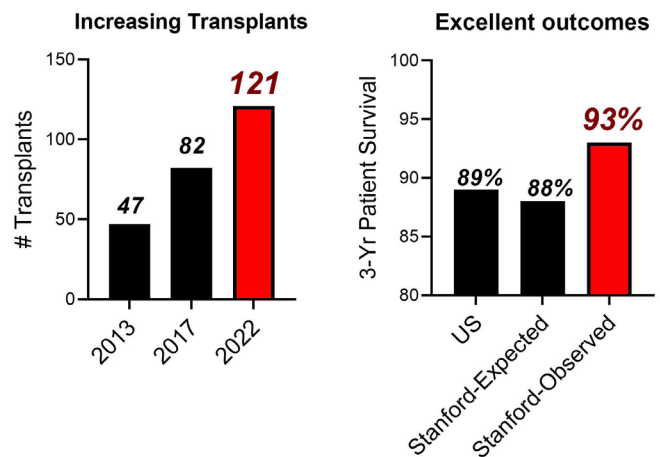


Our outcomes make us leaders in the field. Our graft and patient survival rates exceed national averages. In fact, according to the latest data made public by Scientific Registry of Transplant Recipients (SRTR) report, the 1-year and 3-year post-transplant observed graft (donor liver) survival and patient (transplant recipient) survival rates at Stanford Medicine exceed national outcomes despite the greater percentage of patients with significantly higher MELD score, often requiring intensive care before surgery at Stanford versus the national average.

Additional key highlights:

- *Transplant Rate: Continues to improve, better than donor service area (DSA).*
- *Waitlist Mortality Rate and Organ Acceptance Rate: Better than the DSA, Region 5, and the U.S.*

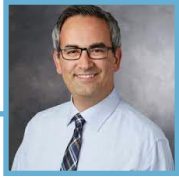
The state-of-the-art and newly built Stanford Hospital has a dedicated unit where patients awaiting liver transplant surgery and those following transplantation are cared for by trained and dedicated multidisciplinary team using latest equipment and innovative techniques. The business plan for a dedicated Liver ICU is close to implementation. Stanford Medicine multidisciplinary transplant teams recently launched a multiorgan transplant program with integrated protocols. We are working diligently to expand and grow the Living Donor Liver Transplant Program. We continue to modify our protocols and establish new care plans to accommodate our patients. Our hybrid in-person/virtual tele-health clinic approach has been extremely successful in providing prompt management plans to our patients.



“As a program, we have embraced growth, embodied excellence, and remain steadfast in delivering superior outcomes.”

We will continue to grow our outreach clinics to provide care to our patients close to their homes. Our goal is to practice precision medicine by delivering the highest quality of patient care in an individualized manner.

Steering the Future of IBD Care: Multidisciplinary Collaboration and Innovations at the Forefront



Kian Keyashian, MD | Clinical Director, IBD Program

Over the past 3-5 years, the Stanford Medicine Inflammatory Bowel Disease Program has grown to incorporate the key elements of a multidisciplinary team across the major sites of the Bay Area. We have seven medical gastroenterologists; two specialized Advanced Practice Providers; several registered dietitians with expert knowledge of the role of diet in IBD; pharmacy providers to help with monitoring and maintenance of health; a psychologist to screen patients for resilience and take action to improve patient quality of life; and colorectal surgery with parallel clinics in Redwood City.



Stanford Health Care - Redwood City 420 Broadway, Redwood City, CA 94063

Beyond the clinical strength of the IBD program, cutting edge investigative research is helping to further optimize the care of our patients and the field. The role of vitamin D and gut-specific B cells and secondary bile acids are being explored as contributors to gut inflammation. New diagnostics being explored for concomitant irritable bowel syndrome and inflammatory bowel disease. Novel therapeutics include dietary studies – intermittent reduced calorie diet and fermented foods, adipose-derived mesenchymal stems cells for perianal Crohn’s disease, and impacts of therapies on pregnancy and male fertility.

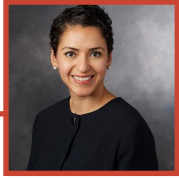
For our referring MDs, we provide consultative care in several convenient locations in the Bay Area: Redwood City, Emeryville, Pleasanton, and South Bay/Santa Clara. While several of these sites also have imaging and endoscopic capabilities, we are subscribers to the co-management model – partnering with referring MDs to optimize the care of the patient locally, with convenience of potentially having procedures performed in the referring office.



“We are building a vibrant future in IBD care, grounded in multidisciplinary collaboration and cutting-edge research, for enhanced patient well-being and groundbreaking discoveries.”

In the near future, we plan to add a number of clinical trials exploring different mechanisms of action in ulcerative colitis and Crohn’s disease. We are also moving forward with using intestinal ultrasound in monitoring IBD and have begun planning the education curriculum for our providers. The future of IBD care is very exciting and we are grateful to be a leading part of this future.

Pursuing Excellence in Neurogastroenterology with Integrated Care and Innovative Research



Leila Neshatian, MD | Director, Neurogastroenterology and Motility Program

Over the past 10 years, Stanford Neurogastroenterology and Motility has undergone significant expansion, reshaping care through specialized services. Ours is the largest group on the West Coast with more than 10 MDs and four APPs across multiple locations. Our providers offer care through dedicated pelvic floor, esophagus, and general motility clinics. The state-of-the-art motility laboratories facilitate meticulous diagnostics, enabling personalized treatment strategies at four sites.



Recognizing the importance of concurrent psychological pathologies, we've added a GI psychologist to our team, greatly enhancing patient care. Moreover, our specialized GI dietitians effectively complement the medical interventions. Given the complexity of our patients, we ensure exemplary care through multidisciplinary patient care conferences, collaborating with other specialties including foregut and colorectal surgeries, as well as Neurology and Medicine subspecialties.

Beyond patient care, Stanford Medicine Neurogastroenterology and Motility remains steadfast in its commitment to scientific advancements. Engaging in clinical, basic, and translational research, we epitomize dedication through peer-reviewed publications, national and international presentations, and successful grant acquisitions.

Our visionary approach extends to education, exemplified by our unique fellowship program. Launched in 2021, the hybrid Neurogastroenterology fellowship nurtures experts through rotations at both Motility and Autonomic Neurology clinics, ensuring specialists possess interdisciplinary acumen and are poised to reshape neurogastroenterological care. Thus, Stanford Medicine Neurogastroenterology and Motility excel not only inpatient care but also in transformative research and education, embodying innovation, and advancement.



“We foster growth and innovation in neurogastroenterology through holistic patient care.”

Looking ahead, we plan to enhance our multidisciplinary approach to patient care, leveraging our specialized team and state-of-the-art labs. Our recently launched fellowship program will train experts in both motility and autonomic neurology, aiming to foster a rich interdisciplinary understanding. Through steady research and collaborations, we aspire to remain at the forefront of advancements in neurogastroenterology. Our goal is to maintain a balance between innovation and compassionate patient care.

Committed to Progress: Advancing Pancreatic Care Through Research and Compassionate Care

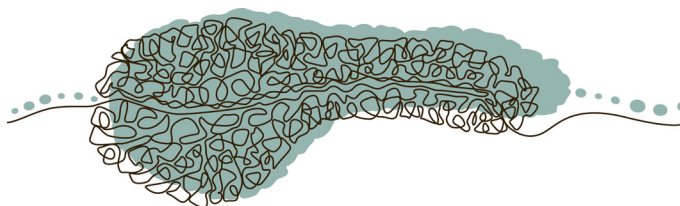
Walter Park, MD | Director, Pancreas Program



Started in 2009, the Benign Pancreas Program at Stanford Medicine serves as the clinical, research, and teaching cornerstone for advancing care for those with complex pancreatic disorders. The clinic embraces a coordinated care structure to bring together specialists from multiple disciplines including gastroenterologists specializing in Pancreatology with advanced endoscopy skills, pancreas surgeons, endocrinologists, pain specialists, radiologists, and pathologists. This multi-disciplinary collective serves as the foundation to facilitate cutting-edge translational and clinical research in close collaboration with the basic scientists in developmental biology, digestive diseases, and oncology.

A pivotal area of focus is the identification and validation of innovative biomarkers in the fluid of pancreatic cysts. The inception of such biomarkers bears promising potential in enhancing diagnostic precision, offering a pathway towards more individualized treatment approaches for patients harboring these cysts. The rigorous validation processes ensure that these biomarkers meet the stringent criteria for clinical applicability.

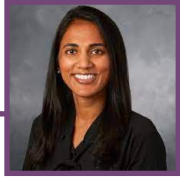
“We are committed to advancing pancreatic care through dedicated patient care and focused research.”



The Benign Pancreas Program’s history of fostering collaboration between physician- scientists and researchers have garnered multiple NIH project grants and most recently a California Institute of Regenerative Medicine project grant. The clinic supports several National Institutes of Health funded clinical studies in acute pancreatitis, chronic pancreatitis, pancreatic cysts, and pancreatic cancer screening. These research programs focus on key translational and clinical research questions including understanding the interaction with diabetes and pancreatitis.

Our benign Pancreas Program at Stanford Medicine has served as a central hub for the advancements in the care and understanding of complex pancreatic disorders. As we look to the future, we are committed to sustaining our efforts in providing comprehensive care for our complex patients. We aim to continue spearheading research funded by the National Institutes of Health (NIH) and venturing further into the discovery of novel biomarkers and developing innovative therapeutics. Our goal remains to foster a deeper understanding and to find new pathways to treat and manage pancreatic conditions effectively.

Fostering Change: The Role of Junior Faculty in Transforming the GI Division



Aparna Goel, MD | Vice Chief, Faculty Development

With the incredible growth of the junior faculty in the GI division in the last decade, our Division wanted to ensure the perspectives of junior faculty were considered in decisions. In the last five years, we have had several town-hall style meetings where junior faculty members had the platform to voice their concerns and suggestions, driving positive changes in the division. We highlight them below.

The first was research and a goal to expand statistical assistance for small studies with limited funding. Dr. Kim's "Heat on Heat" Pilot awards initiative stepped in, offering individual project grants of up to \$5000. The division also offered the backing of a dedicated member of the Qualitative Sciences Unit.



Mentorship was identified as another crucial opportunity.

A mentorship workshop hosted by Dr. Mitch Feldman in December 2022 laid the groundwork for a mentorship framework that is being implemented with the division. The Department of Medicine is also committed to training mentors with the MODEL program.

In a division marked by diversity, with faculty spread across sub-specialties and across the Bay Area, forging connections can pose challenges. The division responded by revitalizing community-building efforts, ensuring that a sense of togetherness thrived.



Equity emerged as a priority, emphasizing fair access to clinical support such as scribes, APPs, and RNs. Clinic chiefs championed this, driving improvements in administrative support and pioneering creative solutions.

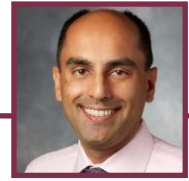
Financial transparency was tackled head-on to help connect clinical revenue to compensation.

“The influx of junior faculty over the past decade has infused our division with new energy and optimism. “

The valuable input from junior faculty has sparked positive change, and the path forward holds the promise of a future of inclusive growth.

Stanford Digestive Health in Your Backyard

Sundeep Singh, MD | Director, Satellite Practice



Our division's growth beyond the peninsula has enabled high and low complexity patients to receive tertiary level care close to their homes. The division opened general gastroenterology clinics in Emeryville and Pleasanton six years ago. These clinics have grown to include advance endoscopy, plus state-of-the art motility labs with manometry and pH testing.

This Fall, we will grow our hepatology and advanced endoscopy presence in Pleasanton. Patients with liver disease and advanced endoscopy patients already benefit from the expansion of our inpatient services at Stanford Healthcare-Tri-Valley hospital. We not only provide acute care for patients coming through the emergency room but we have increased bed availability for patients requiring a transfer from an outside hospital.

As a testament to this volume, 17% of the liver transplants performed at Stanford in 2022 were patients from our Pleasanton clinic. Our expansion beyond the peninsula continues with our new digestive health clinic that has opened in San Jose.



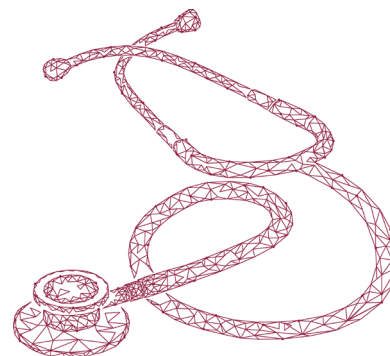
*Stanford Health Care - Emeryville
5800 Hollis Street, Emeryville, CA 94608*



*Stanford Health Care - Tri-Valley
5555 W Las Positas Blvd, Pleasanton, CA 94588*

“The faculty and staff at all our locations remain committed to maintaining the high standards of clinical care, teaching, and research that patients expect from Stanford.”

All the faculty continue to have an active presence on the main campus to maintain the collaboration necessary to maintain these standards.



The Quality Quest: Transforming Patient Outcomes through Programmatic Planning

Samer Eldika, MD | Director of Quality



In 2013, the Institute of Medicine defined healthcare quality as “the degree to which health services for individuals and populations increase the likelihood of desired health outcomes and are consistent with current professional knowledge”. To achieve the desired health outcomes every healthcare system strives to be patient-centered, safe, effective, efficient, and equitable. A task that should not be taken for granted but requires the establishment of a dynamic quality process. A process that identifies opportunities for improvement, implement changes, monitor outcomes to test progress or success and eventually integrate the learning generated by the process.

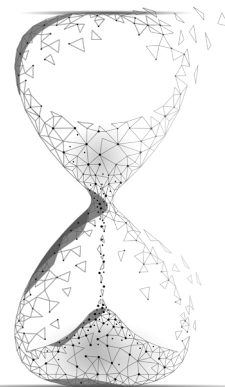


At our division of Gastroenterology and Hepatology, we are strong believers in the impact of the quality program on patient outcome and satisfaction. As a result, we created a quality council that includes diverse stakeholders involved in patient care.

Our quality council meets monthly to plan, do, study, and act. Most importantly the quality council is open for ideas, suggestions, and any constructive input from any stakeholder including our patients and referring physicians. We promise to listen with open mind and keep the quality improvement process running side by side our clinical operations.

Current Quality Improvement Projects:

- *Value stream mapping of 300 P endoscopy unit flow process.*
- *Updating the discharge instructions post endoscopic procedures.*
- *Value stream mapping of outpatient Gastroenterology and Hepatology referral process including open access endoscopy triaging process. Capturing endoscopy related adverse events.*
- *Rate of residual colon polyp post piecemeal endoscopic mucosal resection; a clinically relevant quality metric-where do we stand in comparison to what is reported in the literature?*
- *A new, clinically relevant quality metric for EUS-FNA of solid pancreas lesions-Stay tuned.*



“Quality serves as our compass, guiding patient care within Gastroenterology and Hepatology towards improved outcomes and enriched patient experiences.”

As we look into the future, our dedication to advancing quality in GI and Hepatology remains steady. Embracing collaboration and innovation, we envision a path where our quality council leads us to new levels of excellence, guided by patient insights.

Establishing a Leading Voice in GI Health: Our Social Media Journey to Prominence



Renumathy Dhanasekaran, MD | Director, Communications

In recent years, our division’s social media presence has surged, establishing us as a leading voice in gastrointestinal (GI) health. Through strategic efforts, we’ve cultivated a vibrant online community, connecting with individuals, professionals, and organizations.

Twitter (now X) has been a particularly fruitful platform for us, as evidenced by our prominent position among the top 5 most followed GI divisions. With an impressive following of > 3,000 engaged and active followers, we have solidified our reputation as a trusted source of information and expertise in the field. By consistently sharing informative articles and promoting awareness campaigns, we have become an authoritative voice, providing valuable insights and raising awareness on various aspects of GI health.



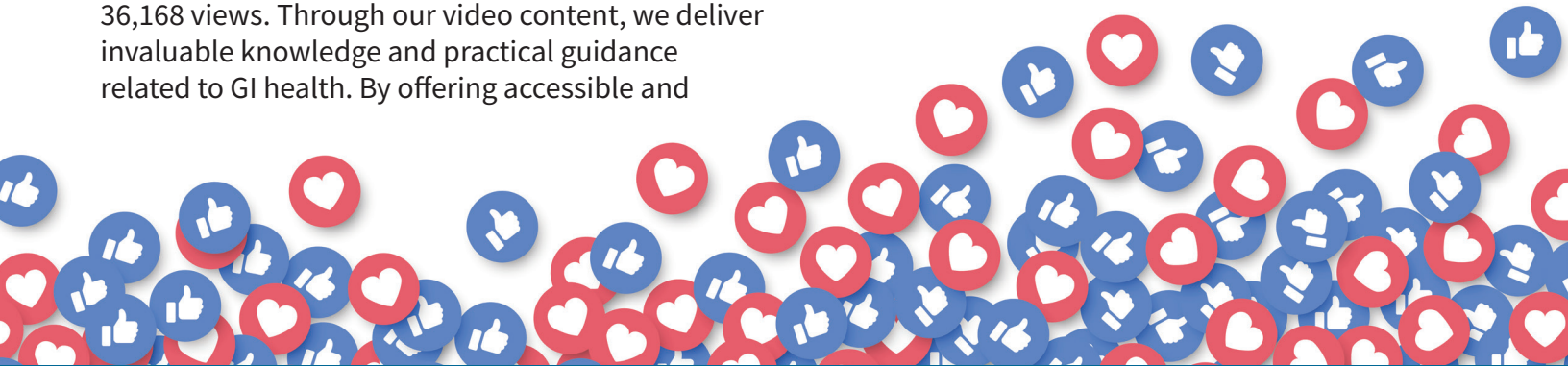
YouTube has also played a pivotal role in our growth trajectory. Our dedicated channel boasts over 1,000 subscribers and has garnered an impressive 36,168 views. Through our video content, we deliver invaluable knowledge and practical guidance related to GI health. By offering accessible and

informative videos, we aim to empower individuals to make informed decisions about their well-being and encourage proactive engagement with their digestive health.

However, our engagement extends beyond the realm of social media. We recognize the importance of forging strong connections with referring providers, and to that end, we utilize quarterly newsletters as a means of communication. Through these newsletters, we proactively engage with referring providers, keeping them abreast of the latest clinical and research advances within our division. By highlighting the significant contributions made by our esteemed faculty and fellows, we ensure that referring providers are well-informed about the latest diagnostics, treatments, and emerging therapies. Ultimately, this equips them with the necessary knowledge and tools to deliver exceptional care to their patients.

“We’ve become a trusted voice in GI health, delivering valuable insights to a thriving online community.”

In the future, we plan to expand our reach, delivering valuable GI health content through social media and forging stronger connections with referring providers. We remain committed to advancing the field, embracing innovation, and improving the well-being of our patients.



The Future at Stanford GI: What Lies Ahead in the Next Decade

As we look back on our journey in the past 10 years, it is energizing to imagine what the next 10 years would bring to Stanford Medicine GI. One thing, for sure, is that building on our momentum, we will stay firm on the upward trajectory.

We have had the privilege of having increasing number of patients putting their trust for GI care in us. In conjunction with the opening of our flagship Redwood City Outpatient Center in 2018 and the new hospital in Palo Alto in 2019, Stanford Medicine GI has expanded its footprint in the Bay area. In addition to Redwood City and Palo Alto, we now have faculty practices in Emeryville, Pleasanton, Santa Clara, and San Jose. We are particularly excited about the growth in South Bay, including a new outpatient facility on the same campus as our Cancer Center. We will be well-suited to serve our patient in San Jose and further south without them having to travel to our facilities up north. As our health system continues to grow, it is likely that we will add more locations to our practice, all the while making sure that our academic mission is extended with the growth.

We would be remiss, if we focused only on the quantity of care without paying attention to its quality. We have implemented an innovative program to track the adenoma detection rate of our colonoscopists and are using it to enhance the quality of our practice. It is an important example of how we have utilized technology to drive evidence-based practice to improve patient outcomes. There are many other on-going examples, ranging from optimizing inpatient care of inflammatory bowel disease to utilizing artificial intelligence tools to make electronic records most accurate, and to making life-saving interventions available to patients with liver failure based on precision health concepts.

I hope you agree that it is truly an exciting time to be in biomedical science today, especially at Stanford always at the forefront of discovery science. As we survey the landscape, there is no shortage of opportunities for groundbreaking research for Stanford Medicine GI. For example, we

have vibrant community of researchers in human microbiome, the understanding of which is likely to provide answers to many human diseases especially in the GI tract. For another, the COVID pandemic highlighted the resilience and resourcefulness of our faculty – combining deep expertise in immunology and virology, our GI faculty has demonstrated the ability to translate state-of-the art knowledge in biology to practical clinical tools to directly benefit our patients. As we strengthen our ranks with new generations of bright physician scientists, we can only imagine the impact Stanford Medicine GI will create in the future.

Having stated all of this, I am most excited about our future because of the people that we are and because of those we will train in the future. We firmly believe in strengths in teamwork of people from diverse experience and background and in a community of colleagues who trust and support one another. A major benefit of the investment that we are making in people, particularly through our mentorship programs, is advances of our faculty, staff, and trainees as leaders. We look forward to people at Stanford Medicine GI taking visible leadership roles at National GI societies as well as internally at Stanford.

As I contemplate year 2033, I expect to have handed over the reins of the Stanford Medicine GI Division long before that time - for the sake of the Division, my family and myself. However, I am absolutely convinced that by that time, the Division will have exceeded all these expectations by a wide margin. I invite you to follow us along!

Looking forward,

Ray Kim



Department of Medicine
Division of Gastroenterology and Hepatology





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