

TRIOS HEALTH

Medical residents reflect back

Time has flown by for Tri-Cities' first class of young doctors

SARA SCHILLING

TRI-CITY HERALD

They've changed in some big ways.

Drs. Maria Persianinova, Minh-Triet Vo and Shahla Walizada were fresh out of medical school when they became Trios Health's — and the Tri-Cities' — first medical residents two summers ago.

They've gained knowledge and confidence since then. They've taken on more

responsibility and become more independent.

But, as the three physicians begin the third and final year of their residencies, one big thing has stayed the same: They all still love medicine because it allows them to use their skills and talents to help people.

"You see someone coming with pain or other problems and they're leaving with a smile," said Walizada, who along with

Vo is a family medicine resident.

"Taking care of people (is what drives me)," said Persianinova, an internal medicine resident. "Sometimes you see the sickest of the sick — changing their lives for the better makes me feel good."

A residency is a period of intensive, hands-on training. It's the next step after medical school, and one that's required to become board-certified.

The Kennewick-based Trios Health started its three-year family and internal

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Dr. Murad Yunusov, second from right, answers questions from Trios resident doctors Maria Persianinova, Minh-Triet Vo and Shahla Walizada, from left, at Trios Southridge Hospital in Kennewick.

RESIDENTS | Trios has 15 doctors; Kadlec also has program

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medicine residency programs in 2013. The programs were the first of their kind in the Tri-Cities.

Kadlec Regional Medical Center in Richland now has its own family medicine residency program and welcomed its first class of residents last month.

During residencies, doctors hone and deepen their skills by completing rotations and caring for their own rosters of patients.

They work under the supervision of more experienced physicians.

Persianinova, Vo and Walizada have transformed over the past two years, said Dr. Hani Murad, director of Trios' internal medicine residency program.

"I'm really excited to see how they're growing," he said. "We took them and they were just out of school, and now they're more and more independent."

As they've advanced through their residencies, they've become role models and teachers to the newer residents.

Along with Persianinova, Vo and Walizada, Trios Health has 12 other residents in internal and family medicine — six who are in their second year and six who came on board as first-years on July 1.

Meet the new residents

Trios Health welcomed six new family and internal medicine residents on July 1. The young physicians bring the resident ranks to 15 total.

The new first-year residents are Drs. Alwin Borgmann, Joshua Chong and Whitney Fix-Lanes in family medicine, and Drs. Robert Cordero, Christine Kha and Ivan Reyes-Rufo in internal medicine.

For more on the new Trios residents, go to www.trioshealth.org and click on "Trios Health News."

Vo, Walizada and Persianinova are all in their 30s. Vo and Walizada were medical school classmates at Pacific Northwest University of Health Sciences in Yakima, while Persianinova attended A.T. Still University-Kirksville College of Osteopathic Medicine in Missouri.

They've become good friends as they've moved through their residencies together. Their bond was evident when they gathered on a recent afternoon to talk about their residency experiences.

They laughed a lot. They shared inside jokes. They talked about gathering together for reunions once they're finished with their third year.

"Can it be an annual thing?" Vo asked.

"That's a good idea," Walizada said.

The three young physicians aren't yet sure what they'll do — or where they'll settle — after they complete their resi-

dencies. That's part of what they'll figure out over the next several months, as they also study for certification and continue to complete rotations and care for patients.

"The countdown (to the end of residency) has started," Persianinova said.

It's nerve-wracking but exhilarating, she said. The others seemed to agree.

They have some advice to the first-years who are just starting on their paths.

Listen to your patients, they said. Be passionate and humble. Remember that even though you have a white coat and a medical degree, you still have things to learn.

And this: "It goes by really fast," Vo said.

The others nodded. "Enjoy it," Persianinova said.