



HOLIDAY NEWSLETTER

Rutgers NJMS Anesthesiology Residency

Created and Edited by Molly Amin & Jack Diep

12.30.2016

RESIDENTS IN THE COMMUNITY

IN THIS ISSUE

Season's Greetings!

by Alex Bekker, Professor & Chairman

Dear Residents,

I am very happy to have been asked to be a part of this kick-off newsletter. It comes at the most perfect of times. The Holiday season is a terrific opportunity to reflect on our achievements during 2016. And I am proud to say that there are many reasons to celebrate. First, through your hard work, motivation and dedication, our residency program is by all metrics, the best in New Jersey and one of the most desirable in the region. As a testament to this achievement, our graduating residents have successfully matched at the most prestigious pain fellowships: Dr. Diep, Dr. Shankar, and Dr. Kaushal will continue their education in the Cleveland Clinic, Cornell and St. Luke's Roosevelt respectively. In addition, Dr. Kwon will pursue his training in Regional Anesthesia in Johns Hopkins Medical Center. And in terms of academic excellence, many of our



residents have presented their work at national meetings as well as published peer-reviewed articles (Dr. Diep) and book chapters (Dr. Korban and Dr. Derrick). Congratulations and kudos to one and all!

But as I look back on this year, there have also been challenges and tragedies to face and absorb. I believe that it is important that we continue to recognize those losses. Personally, I have been deeply impressed by the resiliency and maturity, and kindness of all of you. I would like to raise a glass in recognition of you all.

Wishing you good health, prosperity, happiness and success this holiday season and throughout the New Year.



Substance Use Disorder Q&A

Dr. Michal Gajewski, Assistant Program Director, answers questions on the newly established Wellness Committee, as well as on substance use disorder in residency.

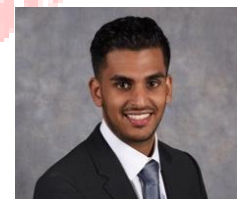
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Wellness Champion

Dr. Christy Anthony, CA-1, gives us the latest news on the Wellness Committee activities.

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Resident Spotlight

Dr. Sameer Siddiqi, CA-2, shares his experiences from the ASA Annual Meeting in Chicago, IL.

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Message from the Chiefs

by Rita Shankar Shah & Minh Kwon

Happy Holidays!

We have had an amazing year so far with some great, positive changes! As co-chiefs, we really value all our residents and faculty, and truly believe that delegation of responsibilities helps improve our residency program. This year, the scholarly activity committee and the wellness committee have really helped us grow as an anesthesia family, encouraging active participation from several of our residents. We are really proud of their achievements whether it be resident posters or publications. With the efforts of the wellness committee, we have all grown closer to each other with social events and volunteer activities. We have had a wonderful time so far, and hope the next six months are even better. Wishing you and your families a happy, healthy, and peaceful holiday season!



Residents in the Community

Happy Thanksgiving



Substance Use Disorder Q&A

Substance abuse and addiction remain the most prevalent and serious occupational health risk associated with the provision of anesthesia. Exposure to drugs, familiarity with the pharmacology, access, job stress, and the associated addictive properties of anesthetic drugs combine to create a high risk for addiction. Up to 1% of residents per year may become addicted. In addition, there is a 7.3% mortality of those who demonstrated substance use disorder. In both physicians and CRNAs, the incidence of addiction is highest during the first five years of giving anesthesia. Educating residents may be an effective method for prevention of the disease and through heightened awareness, will hasten identification and treatment of the victims of the disease.

Dr. Michal Gajewski, Assistant Program Director and Director of Critical Care Anesthesia answers our questions regarding the Wellness Curriculum and substance use disorder in residency.

Why did you establish the Wellness Curriculum?

I think that after any unfortunate event we ask ourselves what could have been done to prevent it? I set up the Wellness Curriculum to foster an environment that will hopefully encourage collegiality, inclusion and bonding among the residents. I strongly believe that if we know the people we work with well then perhaps we can diagnose problems sooner. I also just think that it's very important to enjoy your job and recognize symptoms of burnout and fatigue.



It appears that the incidence of Substance Use Disorder in anesthesiology residents is increasing. Why do you think that is?

I'm not sure if we can honestly say that it's increasing or if perhaps we are getting better at discovering it. Either way I think that overall stressors of life are increasing not only in our industry but in the workforce overall and this leads to increased numbers of burnout and fatigue which contribute to SUD as it is a coping mechanism.

What has been done to improve our detection rates?

There is no single proven way to catch all those who may be impaired, hence my approach to improving detection rates is by improving resident wellness and decreasing burnout. If one derives pleasure from work and has a high sense of accomplishment, then the need for negative coping decreases. In line with that, I would like to have more activities where family members can get involved and perhaps even attend a Substance Abuse Seminar themselves in order to recognize what to look for in their loved ones. Families are often at the front-line of detection so they can be very helpful in preventing bad outcomes.

"Always have a high sense of suspicion no matter how unlikely you think the chance may be. Remember that you don't have to be the one to confront the individual but as long as someone is alerted then a life may be saved."

- Michal Gajewski

Do you feel that the Substance Use Disorder Symposium has improved awareness in our department?

I think that the symposium along with the tragedy which we sustained have jointly improved awareness about this important topic.

What changes have been made to the curriculum?

First and foremost, we have actually started one that is ongoing through the year and not just based on lectures. Having said that, we have instituted more lectures dealing with fatigue, burnout, as well as learning styles to hopefully help the residents deal with the transition of entering residency. Every year also has a Wellness Champion who can serve as a liaison for the residents if any personal issues have come up. The Wellness Champions are also responsible for arranging monthly events to encourage resident bonding and let everyone know each other better. Lastly, the residents are encouraged to take the Burnout as well as the Physician Well Being Index Surveys in order to monitor if they are at risk for burnout.

What would be your advice to someone who suspects abuse in a colleague?

My biggest advice would be to always have a high sense of suspicion no matter how unlikely you think the chance may be. Remember that you don't have to be the one to confront the individual but as long as someone is alerted then a life may be saved.

Wellness Committee

by Christy Anthony, CA-1 Resident



The Wellness Committee is an organization developed and spearheaded by one of our very own anesthesia faculty, Dr. Michal Gajewski, the Assistant Program Director for the Anesthesiology Residency Program.

With the help of several of his residents, the Anesthesia Department has been able to host numerous events geared at advocating both physical and emotional well-being amongst our

residents in hopes of helping young professionals maintain a healthy work-life balance and cultivating a safe work environment that minimizes residency-related stressors.

Our residents have planned various events ranging from beach side dinners to haunted houses; but this program has also placed an emphasis on community service. Our residents have volunteered at soup kitchens during the Thanksgiving Holiday and organized Christmas toy drives for our community's orphans. From team building exercises to involvement in community outreach, this committee has allowed our residents to grow as individuals but also as a family. This group has provided our residents with an additional support system during the challenges faced while in residency, whether academic or personal, and we are very proud of the progress of this program.

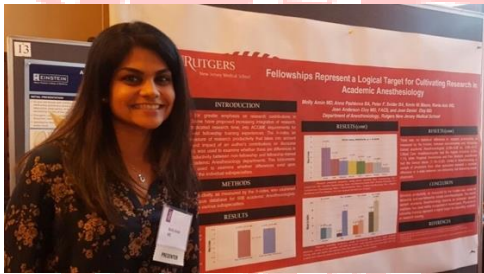




Bottom Image: (left to right) Usman Sheikh, Rita Shankar Shah, Michal Gajewski, Molly Amin, Jack Diep.

Residents Receive Top Honors

POSTER SESSIONS



Molly Amin, CA-2

Awarded 3rd place for her poster presentation titled, "Fellowships represent a logical target for cultivating research in academic anesthesiology."



Minho Kwon, CA-3

Exparel © (long-acting liposomal Bupivacaine) use for popliteal nerve block in postoperative pain control after ankle fracture fixation and ankle fusion surgery: a case series.

Five of our residents were selected to present at the New York Academy of Medicine's (NYAM's) annual Anesthesiology Residents' Night. Clinicians and researchers from the Anesthesiology Residency programs in the greater New York area and New Jersey gathered to hear residents present their clinical and scientific papers representing original research and to compete for top honors. There were nine oral presentations and 11 posters for display. First prize for oral presentations went to Jack Diep, CA-3, for "The Effect of Histone Methyltransferase SUV39H1 Inhibition on Neuropathic Pain." Usman Sheikh, CA-2, received second place for, "AMPA Receptors in Lateral Habenula Regulate Alcohol Consumption and Depressive-Like Behavior in Rats." Molly Amin, CA-2, received 3rd place for her poster presentation titled, "Fellowships Represent a Logical Target for Cultivating Research in Academic Anesthesiology."

Minho Kwon, CA-3, presented a poster titled, "Exparel © (long-acting liposomal Bupivacaine) use for Popliteal Nerve Block in Postoperative Pain Control after Ankle Fracture Fixation and Ankle Fusion Surgery: a case series." Rita Shankar Shah, CA-3, had an oral presentation for her research titled, "A retrospective comparison of pectoral and paravertebral nerve blocks in patients undergoing breast surgery." Other attendees from our program included Dr. Bekker, Professor and Chairman and Dr. Michal Gajewski, Assistant Program Director and Director of Critical Care Anesthesia.





Message from the Research Team

by Yuan-Xiang Tao, Professor and Vice-Chairman; Director, Center for Pain Medicine Research

Our Research Team made great achievements in 2016. There were 19 publications, some of which were published in top-rated scientific journals, including *Neuron*, *Anesthesiology*, and *Scientific Reports*. Three residents presented their laboratory bench work at the 2016 ASA annual meeting in

Chicago and ten Postdoctoral Fellows/Visiting Scholars/Ph.D. students showcased their exciting discoveries at the 2016 Neuroscience meeting in San Diego. In addition, Dr. Tao's lab received two 5-year R01 awards from NIH this year.

Thanks to the contributions of our faculty, staff, residents, and students, we had a very successful year and we look forward to further achievements in 2017. Best wishes for a happy, healthy, and safe holiday season and a wonderful and peaceful New Year.



ASA Annual Meeting Poster Sessions

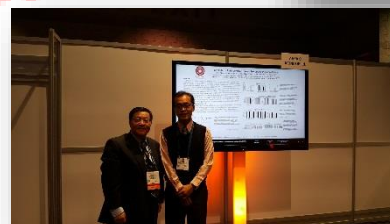
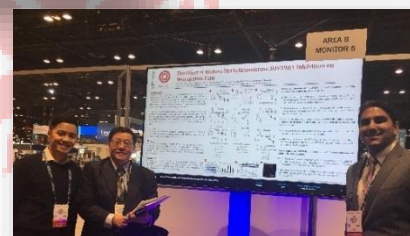
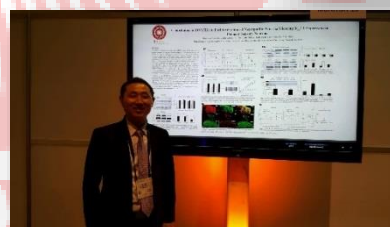
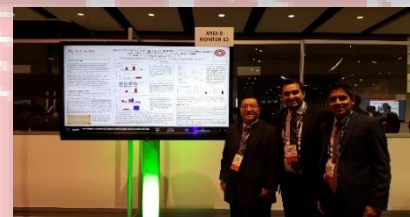
Ming Xiong, Amit Kaushal, Jack Diep, Alex Bekker, Yuan-Xiang Tao. Contribution of histone methyltransferase SUV39H1 in the dorsal root ganglion and spinal cord dorsal horn to neuropathic pain.

Ming Xiong, Jack Diep, Amit Kaushal, Alex Bekker, Yuan-Xiang Tao. The effect of histone methyltransferase SUV39H1 inhibition on neuropathic pain.

Ming Xiong, Po Kai Wang, Tsung Ying Chen, Vanny Le, Alex Bekker, Yuan-Xiang Tao. Short-term perioperative stress prolonged incisional pain.

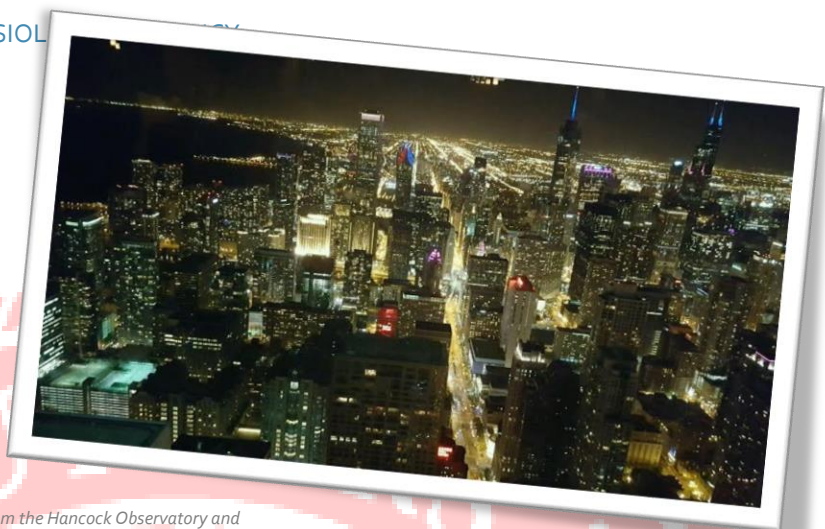
Qingxiang Mao, Ming Xiong, Alex Bekker, Yuan-Xiang Tao. Contribution of DNMT3a to Paclitaxel-induced neuropathic pain via silencing K2p1.1 expression in primary sensory neurons.

Usman Sheikh, Ming Xiong, Jing Li, Seungwoo Kang, Jean D Eloy, Jiang H Ye. AMPA receptors in lateral habenula regulate alcohol consumption and depressive behavior in rats.



ASA Experience

by Sameer Siddiqi, CA-2



City view from the Hancock Observatory and Tower, Chicago, IL. Courtesy of Dr. Peter Choi.

The ASA conference in Chicago, IL was the very first anesthesia conference I attended and it truly was an honor to be a part of. I am especially thankful for the support and guidance I received from my home program, Rutgers New Jersey Medical School. From the moment I landed in Chicago I knew I was part of something big. Located at the biggest conference center in the heart of

downtown Chicago, our presence was felt all over. The conference itself allowed me to gain more insight about the field of anesthesiology outside of residency such as beginning a career, legislation, and continuing education. Equally important, I was able to expand my current knowledge through valuable workshops and presentations. I made great personal connections with colleagues from all over country through various social events. Sharing similar desires and interests with thousands of other people is truly an unexplainable feeling, comparable to being part of a big family. Overall, I

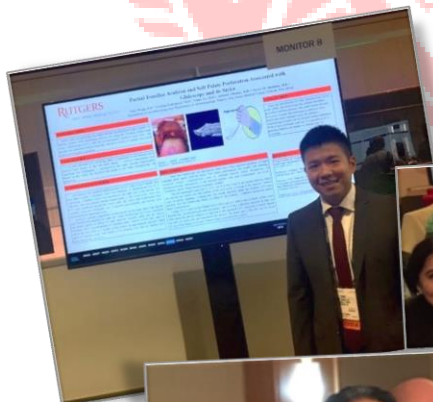
highly recommend to any resident who is looking for opportunities to get more involved to attend ASA.

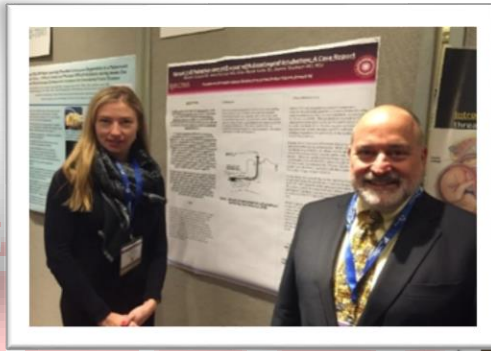
Attendance:

16 – Residents
6 – Attendings

of Presentations:

7 – Research Posters
19 – Medically challenging cases



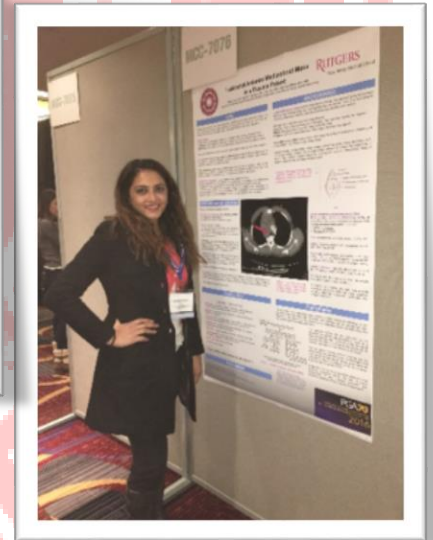
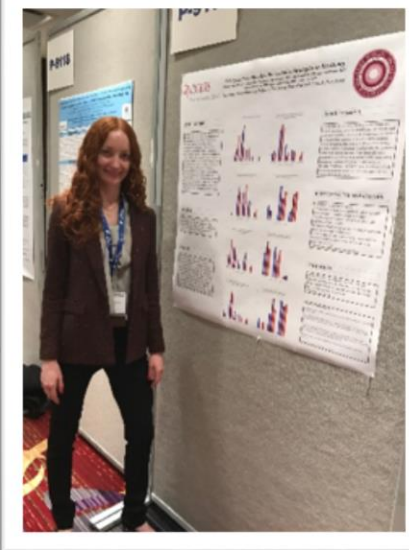


PGA Meeting Poster Sessions

Ball M, Diep J, Iannaccone N, Kaushal A, Malhotra A, Reformato V, Eloy JD, Le V. Substance Use Disorder: Preventative Strategies in Residency.

Amin M, Sanghvi S, Eloy JD. Successful neuraxial anesthesia in a patient with a large mediastinal mass.

Kaushal N, Korban A, Abdel-Kader A, Shulman S. Manual cuff palpation may still occur with esophageal intubation: a case report.



happy holidays

