

Resident Connections Quarterly

UMDNJ-NJMS Internal Medicine Residency Program

Volume 3, Issue 2

Fall 2011

Give Us Five!



We want to commend all of the faculty, house staff, and administrative office staff for their hard work in preparing for the recent Internal Medicine RRC visit. Many months of hard work went into preparing for this important accreditation visit, and it paid off - the site visitor was very impressed with the program and only had complimentary things to say. We have just learned that our Internal Medicine Residency Program has been granted another full 5 year accreditation by the ACGME! We truly appreciate everyone's commitment to the success of this wonderful program, and we look forward to continuing to work with all of you in the future!



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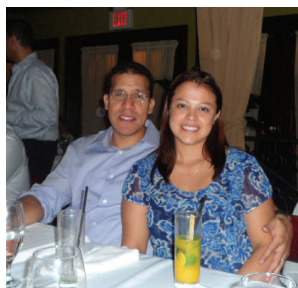
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Earthquakes, Hurricanes and Flooding Oh My!



Horrific scene of earthquake devastation

On Tuesday, August 23, 2011, at around 2pm, a 5.9 magnitude earthquake centered northwest of Richmond, Virginia rattled much of the Northeast region of the United States. Although residents in the UH ACC were required to temporarily evacuate, there were no injuries or structural damage reported at any of our hospital sites. Work resumed as usual for the remainder of the day.



At the end of that same week, Hurricane Irene arrived with a vengeance. It wreaked havoc in our area with flooding that caused road closures and extensive damage of personal property. It also resulted in severe power outages in various areas of New Jersey and New York due to down trees. For the first time in NYC history, the mass transit system was shut down and the area came to a standstill.

Samiullah, a third year resident, went out to his car early that Sunday morning during the peak rainfall hours only to find that he was ankle deep in water. As he got into his car, he found the rain water rushing in, immersing him waist deep. The battery was soaked and the engine would not start.

Though two fellow senior residents, Jose Churrango and Dorothy Castro, both happened to be off, they called the UH Chiefs to see if they could help out in any way. They picked up second-year resident Fatima Samad and drove to UH. Though they could have slept in and spent the rainy day indoors, they chose to help out the floor teams that were short staffed.

Several residents and interns spent the night in the hospital before the hurricane hit to ensure that they were available for their clinical duties. Others woke up

extra early and took many detours to make it into work that day.



Finally, a major snowstorm blanketed Jersey on October 29, dumping upwards of 19 inches in some part. The heavy snow, falling atop leaf-laden trees and driven by gusting winds, brought down tree branches and electrical power lines across the state. More than 2.3 million customers from Maryland to New England lost power due to the scary pre-Halloween surprise storm.

We want to thank the residents for their perseverance despite the crazy weather!



Suturing Workshop



the banana is similar to suturing the mucous membrane of the oral pharynx. The sutures that were used during the workshop included 4-0 and 5-0 prolene as well as 2-0 silk. The techniques that were mastered were simple interrupted and mattress stitches.

What happens when you put a group of Emergency Medicine residents together with Internal Medicine residents in a large room with needles, clamps, sutures and bananas? You get a successful suturing workshop!

We held our 2nd Annual Suturing Workshop on Friday, August 19th. Emergency Medicine Residents volunteered their time and expertise to lead this workshop that teaches basic suturing skills.

A question and answer session reviewed wound assessment, the healing process, and indications for using various suture materials. All of the participants received hands-on experience in practicing suturing skills on bananas. It was interesting to discover that suturing the skin of

This workshop was a great opportunity to work in collaboration with our colleagues in the Emergency Department and get to know them a little better over pizza, drinks, and casual conversation. The EM residents even taught a few tricks on how to clamp a hooked needle when it is not in use to prevent unnecessary needle stick injuries.



Remote Control



Ever wonder what your patient's potassium level is? At midnight?! This dream has now become a reality, as residents rotating through University Hospital and HUMC can now remotely access EPIC® (and all of the other UMDNJ Clinical Applications) on their home desktop computers, laptops, tablets, and even iPhones. (Yes, there's an app for that!)

Unfortunately, remote access for the VA's CPRS is still a no-no. (Don't worry, Big Brother will keep an eye on your patient's potassium.) We hope this new access makes resident life a little more convenient and improves patient care and continuity for all of those involved. Follow the instructions below to get started. Stop by your local Chiefs' office if you have any questions!

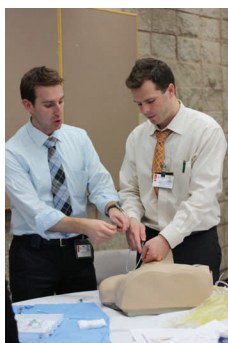
UH EPIC® Access:

- Open Internet Explorer to <http://istreg.umdj.edu>
- Select "Clinical Remote Access" and then "Register"
- Follow the instructions and complete/submit the form. Put Dr. Kothari down as your department supervisor where indicated.

HUMC EPIC® Access:

- Open Internet Explorer to <http://www.humcmd.net>
- Click on "Clinical Systems" and follow the directions

Procedure Night



Procedure Night is an annual event led by the Chief Medical Residents to help interns and residents learn about procedures that are frequently performed by Internal Medicine physicians.

The interns and residents had a chance to rotate through 7 different stations to review the indications, risks, benefits, and complications of each procedure. After the brief informative session, each resident had an opportunity to practice their newly learned skills on models.

The procedures that were covered included:



- Thoracentesis/ Paracentesis
- Central Venous Catheter Insertion
- Lumbar Puncture
- Knee Arthrocentesis
- Arterial Line Placement
- Endotracheal Intubation
- Prostate/ Testicular/ Breast Exams

Each of the residents received one-on-one attention with immediate feedback and critique as they performed the procedures

with the Chief Residents. They also received tips and pointers on how to troubleshoot and perform the procedures under difficult circumstances.



The event was also a great way for the Chief Medical Residents as well as the interns and residents to get to know one another better. We hope that it was a beneficial experience for everyone who participated!

Scholarly Activity Takes Center Stage



In an effort to promote scholarly activity among residents, a new program requirement has been instituted to increase residents' knowledge of the basic principles of research, including how research is conducted, evaluated, and explained to patients, and applied to patient care.

Each resident is required to select and complete tasks from the following list sufficient to total twenty-one (21) points during the 3 years of residency.

The following are options for obtaining the necessary points:

- Original research project: 21 points
- Case report: up to 7 points
- Clinical Pathologic Case

- Conference Presentation: up to 5 points
- Commentaries or Letters to the Editor: 5 points
 - Journal Club discussion: 3 points
 - Core Curriculum lecture to residents (30-40 minutes in length): 3 points
 - Collaborative IRB Training Initiative (CITI) Education: 1 point
 - Medical Student morning report: 1 point (max 2 points per academic year)

In the past three years, our residents have published 23 articles ranging from case reports to meta-analyses in a variety of Internal Medicine and Medicine Subspecialty Journals and presented 59 poster presentations at a wide range of regional and national conferences.

ITE

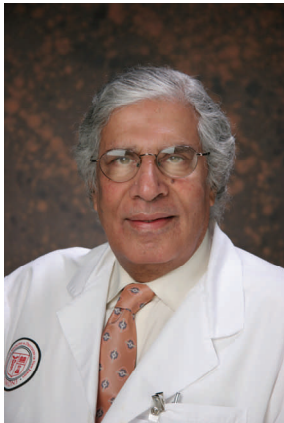
The Internal Medicine In-Training Examination was developed by the American College of Physicians in order to:

- Give residents an opportunity for self-assessment.
- Give program directors the opportunity to evaluate their programs.
- Identify areas in which residents need extra assistance.



This year, the exam was held on October 13, 14 and 19th. A great resource for the residents was the opportunity to attend the Annual Internal Medicine Board Review courses offered at Hackensack University Medical Center. Not only did they provide a delicious free dinner every night, but Attending Physicians from various subspecialties offered their expertise by providing the lectures. According to the residents who attended the lecture series, it was a great way to start preparing for board exams as well as to help them on the upcoming ITE exam.

Who's Who Among Medicine Attendings – Bunyad Haider, MD



When he's not conducting rounds in the CCU, leading a discussion during weekly Professor Rounds, or orchestrating thoughts and after-thoughts during CPC, Grand Rounds, and M&M conferences, Dr. Bunyad Haider works diligently throughout the day in ensuring the Department of Medicine

continues moving in the right direction.

After obtaining his medical degree from the University of Punjab, Dr. Haider went on to complete his residency training at North Shore University Hospital and his Cardiology Fellowship at UMDNJ. He has held multiple executive-level positions throughout the years and has now served as the Interim Chair of the Department of Medicine for the past six years.

Dr. Haider has been pivotal in the department's progress and evolution. He stresses that the Medicine Department's recent successes in recruitment and fellowship placement have been in large part due to our outstanding progress in research productivity. Dr.

Haider is no stranger to research, as his dedication throughout the years is clearly evidenced when one peruses his extensive CV (all 21 pages!). With research interests including cardiac hemodynamics, pharmacology, and imaging, Dr. Haider's scope has been wide. He urges residents' efforts to be just as strong as UMDNJ is in the unique position of becoming an even bigger hub for clinical research. He encourages all residents to use NJMS's unique pathology and resources in furthering their professional growth.

Dr. Haider's hobbies include golf and traveling with his family. He has visited numerous countries all across Europe and Asia, both for business and for pleasure. He currently has his sights set on

an Alaskan cruise in the near future. Longing to squeeze in an extra round of golf, his hobbies have understandably taken a backseat to the tremendous tasks he is faced with each day. His presence in meetings and on the floors have helped maintain open lines of communication amongst all staff.

Adding to his list of signature catchphrases, Dr. Haider states that "There is no such thing as over-communication." In his eyes, there is no issue too small that our residents can't bring to his attention. He looks forward to working with our housestaff on a daily basis in making their residency experience a memorable one. And if anyone is ever looking to speak to Dr. Haider, they know where to find him... Everywhere!

Work, Drink and Be Happy!



William Faulkner, a famous American writer, once said, "It's a shame that the only thing a man can do for eight hours a day is work. He can't

eat for eight hours; he can't drink for eight hours; he can't make love for eight hours. The only thing a man can do for eight hours is work." While our residents may occasionally log more than eight hours of work a day, one of the ways that we like to unwind and manage the stress of residency is to make time for happy hour.

According to Wikipedia, our favorite peer reviewed journal, the term "happy hour" originates from the United States Navy. In the 1920s, "happy hour" was slang for a scheduled entertainment period on board a ship during which boxing and wrestling bouts took place; this was a valuable opportunity for sailors to relieve the stress accumulated

during the long periods at sea. The idea of drinking before dinner has its roots in the Prohibition era. When the 18th Amendment and the Volstead Act were passed banning alcohol consumption, citizens would host "cocktail hours", also known as "happy hours", at a speakeasy (an illegal drinking establishment) before eating at restaurants where alcohol could not be served. Cocktail lounges continued the trend of drinking before dinner. "Happy hour" entered civilian use around 1960, especially after a Saturday Evening Post article on military life in 1959.



One of the marks of a great residency program is to see how residents get along outside of work. A great hallmark of our residency program is that in addition to working hard in the hospital, we also like to play hard, after work.



Our first resident happy hour gathering was at the end of July. We got together at Shannon Rose to celebrate surviving the first month of the medical new year. We had a great turn out with more than 40 residents attending to enjoy the beautiful weather in the outdoor seating area. Since that time, we've

had a number of official and unofficial resident gatherings as evidenced by photos shared on Facebook.



Our newly appointed social chairs, Leroy Cordero Floyd, Miranda Tan, and Steven Kim, hosted their first event of the year at Iron Monkey in Hoboken, NJ during the first week of September. As social chairs, they plan resident events that will build comradery and friendships throughout the year. They are currently planning a Halloween party and a "resident vs. fellows" paintballing trip in mid-November.

Please be on the lookout for emails from our social chairs for future events. As another way to keep up with our upcoming social events, please join the UMDNJ-Internal Medicine group on Facebook for updates.



Essex County Heart Walk



Team UMDNJ participated in the 20th annual fund-raising Heart

Walk for the American Heart Association. This event helps raise awareness and support for heart health in our community. Several residents and fellows participated in the 3-mile Essex County Heart Walk that took place on Sunday, October 16 at the ADP corporate campus in Roseland, NJ.

In addition to getting up early in the morning to walk the 3 mile course, our team raised over \$175.00 to support the Association's mission.



Afterwards, we refueled at nearby Nevada Restaurant on Broad Street in Bloomfield, NJ and enjoyed a hearty breakfast comprising of French toast, eggs, bacon and sausage. Stay tuned and be sure to join us for future runs and walks!



All Things Fall



A sure sign that Autumn is here is that the Pumpkin Spice Latte has returned to Starbucks. We also see that the days are getting shorter, the nights are getting cooler, and the leaves are starting to change colors. When most of us think of Fall, it conjures up memories and thoughts of apple-picking, hiking, pumpkin carving and of course, enjoying the beautiful bright colors of the fall foliage. Here are some suggestions for enjoying all things fall!

A great place to see the fall foliage is the **Westfield Parks and Palaces Walking Trail**. Westfield is located 20 minutes south of Newark off of exit 137 on NJ route 28 West. The park has a 12 km route which combines walking trails with lake views (Echo Lake Park) and beautiful residential architecture. The trail starts and finishes at the Best Western Inn located on 435 North Avenue, Westfield, NJ. The trail is open during daylight hours only until December 31, 2011.



The walk will surely work up your appetite and luckily, there is a town area with several places to dine and shop. If you are in the mood for some good food, you will most likely find a restaurant to your liking on Elm Street, also known as restaurant row. Mojave Grill (35 Elm Street; 908-233-7772) serves a contemporary southwestern cuisine with the added perk of being BYO. Ferraro's (14 Elm Street; 908-232-1105), is the place to go for authentic Italian cuisine. If you are in the mood for a quick bite, try the Bagel Chateau (223 South Ave East; 908-232-1921) or Buona Pizza (243 South Avenue East; 908-232-2066).

Just across the river, in New York City, you can enjoy the fall foliage at **Central Park**. Enter midpark at 79th street and walk towards Bow Bridge, located near the Bethesda Fountain. Once on the bridge, look east for a vista of red maples. From there walk to the 100th Street Pool to get a breathtaking view of the fall leaves in the reflection of the water. At the end of October, go to the open meadow below Belvedere Castle to find red leaves sailing down from the black tupelo trees. Stop by Café Lalo (201 West 83rd Street; 212-496-6031) to warm up with a cup of hot

and spicy cider and a slice of pumpkin pie. For those who are more active and want to enjoy the great outdoors, amateur and professional hikers alike will enjoy the Palisades Giant Stairs and Peanut Leap hiking trail located in Northern New Jersey near Alpine. Drive north on the Palisades Interstate Parkway to State Line Lookout exit between exit 1 and 2.

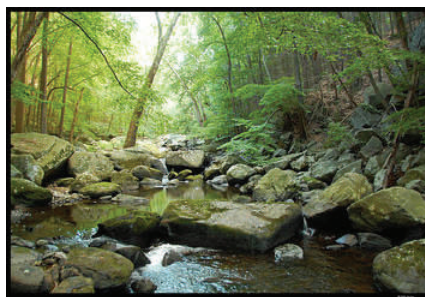
Highlights include a rugged 3mile trail including steep descents, a mile-long rock scramble as well as a steep climb. In addition to a great workout, you will get outstanding views of the Hudson River, waterfalls, and ruins. Make sure to go on the wooden swing and skip rocks on the Hudson River once you reach the very bottom of the Giant Stairs.

If you are in the mood for something a little less strenuous, how about going apple or pumpkin picking! Pumpkin picking is a great fall activity and a

memorable experience for kids and grown-ups alike.

Terhune Farms in Princeton, NJ (330 Cold Soil Road; 609-924-2310) offers something for the whole family— apple or pumpkin picking for the kids, wine tasting for the grown-ups, live music and fine country food for the whole family. They are open rain or shine 10 A.M. to 5 P.M. on the weekends until October 30. Admission is \$5.00 and children under 3 are free. The Farm Store, pumpkin and mum display, winery and tasting room are open without admission fee. Convenient parking is available at the farm on Cold Soil Road. There is no Admission fee to Pick-Your-Own apples at Van Kirk Road orchard.

There is something for everyone to do this fall. Instead of being cooped up inside the house on a golden weekend, bundle up, pick up a cup of hot apple cider or a pumpkin spice latte and take a scenic drive to the location of your choice to enjoy all that fall has to offer!



NJ ACP Challenge Bowl 2011

ACP
AMERICAN COLLEGE OF PHYSICIANS
INTERNAL MEDICINE | Doctors for Adults

Every year, several residents are chosen to represent our residency program at the annual New Jersey ACP Challenge Bowl. This is our opportunity to go up against the other residency programs in our fine state and find out who reigns supreme in medical knowledge. The winner gets the bragging rights for the upcoming year. Last year, our contestants, Slawomir Sender, Sreelatha Naik, Hayder Hashim, and Jison Hong, lost by only a couple of points, costing them the first place prize.

This year's Team UMDNJ resident representatives are: Samiullah, Fatima Samad, Sreelatha Naik, and Aasma Riaz.

Please feel free to pimp them

with trivia questions when you see them on the hospital wards, continuity clinic or when you are out for happy hour. Let us do all that we can to prepare them for victory!



Wishing the best of luck to Team UMDNJ's fantastic four!

Upcoming Birthdays

October:

Natalie Furka (10/1)
Morium Akthar (10/2)
Aesha Jobanputra (10/3)
Leroy Floyd (10/3)
Dan Zakhary (10/5)
Roger Keshav (10/7)
Ike Onyene-
mezu (10/9)
Michael Cho
(10/11)
Arpita Gan-
dhi (10/14)
Sherry
Sheppard
(10/17)
Lauren
Parker
(10/18)
Stephen
Morrow
(10/20)
Aasma Riaz (10/20)
Sukhjeet Singh (10/22)
Rinku Jagait (10/25)
Wayne Shaw (10/25)
Lia Matarrese (10/27)



November:

Chine Abanonu (11/3)
Kavita Gupta (11/10)
Miranda Tan (11/16)
Jessie Gao (11/18)
Kamaal Zaidi (11/23)
Tim Kowal (11/25)
Xiaolin Yu (11/26)
Lauren Blackwell
(11/28)
Lila Baaklini
(11/29)
Leidy Soriano
(11/29)
Ashwin Babu
(11/30)

December:

Minal Ahson
(12/3)
Oladayo Bolarinwa
(12/6)
Margaret Aldrich (12/6)
Susana Tapia (12/15)
Rana Mady (12/21)
Vidhi Kapoor (12/22)
Eva Mok (12/22)
Gyongyi Obi (12/24)

Who's Who Among NJMS Residents - Sergey Blintsovskiy, MD



Sergey was born in Belgorod, Russia, a city 600 kilometers south of Moscow and located on the Ukrainian border. He left Russia to come to the United States just before his 10th birthday. He and his family, including his parents, older sister and maternal grandparents, settled in Brooklyn, where they all continue to live to this day.

His earliest memory of wanting to go into medicine was from when he was around six years-old. His father, who was a Urologist in Russia, worked as a doctor at Sergey's sleep away camp. Sergey would follow his dad as he made evening rounds to check up on all of the kids. Sergey's grandfather, also a physician, also used to recount stories of patients he treated who were infected with tuberculosis. With this type of familial exposure, Sergey never thought of being anything other than a physician. He has always wanted to help people, as corny as it sounds, and feared that if he did not choose medicine, he would end up with a boring desk job.

In his free time, Sergey likes

reading science fiction and mystery novels. He also loves history, especially Rome and the mid-twentieth century. When he has the time, he enjoys playing soccer. An interesting fact that many people do not know about him is that he took ballroom dancing lessons during Junior High and High School. It has been many years since he did the cha cha, jive, or slow waltz, but he hopes to dust off his dancing shoes sometime soon and break it down on the dance floor.

Sergey graduated from the Sophie Davis BS/MD program at CUNY City College and SUNY Downstate Medical School. And although he did not have a major in

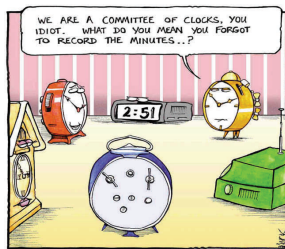
college, he would have chosen Psychology, Sociology, History or English if given a choice. When asked how his intern year is going, he says that he's enjoying intern year more than he had expected. He really enjoyed his time in the HUMC MICU, especially learning how to put in central lines.

To try to keep sane during his intern year, he tries to hang out with a couple of his long time friends at least once or twice a month and he often goes back to Brooklyn to visit family on the weekends.

He is looking forward to choosing a career path but so far has not yet decided on future plans after residency...

If You Can't Beat 'Em, Join 'Em

Ever wonder if you could do something to improve our hospital or patient care? You can! During the summer, our residents had an opportunity to sign up to serve as Resident Representatives on various committees. The following housestaff have been appointed to a University Hospital, Hackensack University Medical Center or New Jersey Medical School Committee for this academic term. It is a privilege to be invited to participate and provide perspective as a housestaff officer to these important Committees.



Medical Executive Committee

- Adam Raskin
- Marijesmar Gonzalez
- Ziyaad Al-Khateeb

NJMS Faculty Council

- Birju Bhatt

Ambulatory Care Committee

- Dorothy Castro
- Kavita Gupta

Blood Utilization Committee

- Sherry Sheppard

Clinical Practice Committee

- Leroy Cordero Floyd
- Lata Cherath

Combined Critical Care/Resuscitation Committee

- Vidhi Kapoor

Infection Control Committee

- Sreelatha Naik
- Ikenna Onyenemezu

Invasive and Other Procedure Review Committee

- Dina Khateeb

Medical Records Committee

- Lia Matarrese
- Hadi Bhurgri

Oncology

- Trent Wang
- Roopa Roy

Quality Assurance and Performance Improvement Committee

- Dorothy Castro
- Sean Sullivan

Utilization Management

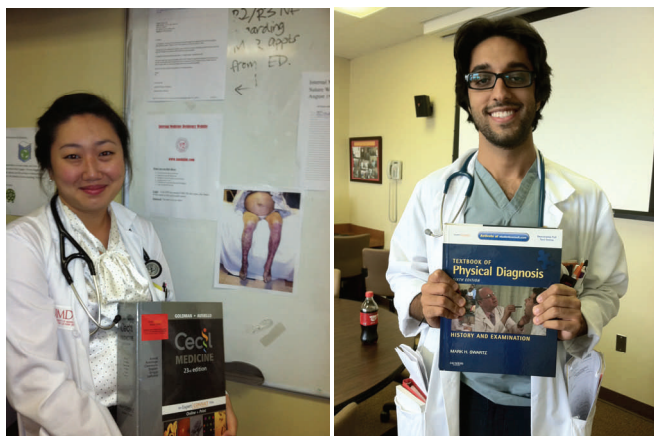
- Shashi Kapadia
- Mandeep Samra

By participating in committees, residents understand the mechanism and structure by which issues are

discussed/resolved, change is proposed/initiated and ongoing processes are monitored. They will be able to obtain specific insight into new hospital initiatives, gain an in depth understanding of operational and clinical issues, participate in the development of solutions and implementation of process improvement. Lastly, they will gain exposure and have an opportunity to work with key Departmental, Hospital and NJMS leadership.

All in all, it is a great experience for our residents and we hope that more people will get involved in the future. If you missed the deadline but have suggestions that you would like a particular committee to address, please contact your Resident Representative.

Image of the Week Winners!



Congratulations to our "Image of the Week" winners at University Hospital. Ryan Chadha, a prelim Intern, won the *Textbook of Physical Diagnosis* for correctly diagnosing pseudogout from plain x-ray films of the knee. Stephanie Kim, a categorical Intern, won *Cecil's Medicine* for correctly diagnosing cryoglobulinemia from a picture of a cirrhotic patient's legs. Thank you to all who participated and we wish you the best of luck in future challenges!

Employee Discounts

With the economic recession, we can all use an extra dollar or two. To help us save some money, we are pleased to introduce Employee discounts! Please visit the Human Resources Employee Discount page (my.umdj login required) for exciting additions:
http://webservices.umdj.edu/xrss/gui/file/?mtype=6&mfile=employee_discounts3.pdf



Listed below are a couple of examples of the amazing discounts available!

BJ's Wholesale Club

Through the Corporate Membership, BJ's Wholesale Club Program is pleased to offer UMDNJ employees:

- \$10 off our \$50 membership fee
- \$20 off our \$90 rewards membership fee
- 3 EXTRA months of membership (15 months total)
- FREE second card for another household member

Corporate Offers (New York Show Tickets)

UMDNJ employees can receive a 15% to 70% discount to over 35 Broadway shows in New York City. The website is updated daily to ensure that the most up-to-date discounts are available.

RCQ brought to you by:

Chief Residents—Jison Hong, Maryann Maximos, Lisa Patel, René Paulin, George Protopapas, Slawomir Sender, Geena Varghese

Program Director—Neil Kothari

Archived Issues available at:

http://njms.umdnj.edu/internal_medicine/



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*...and don't forget to join the NJMS
Internal Medicine Residency Group
on Facebook!*

Distinguished House Staff Awards

July:

Kavita Gupta
Trent Wang
Tanganyika Barnes
Sean Sullivan
Shashi Kapadia
Chuanxing Qu

August:

Sean Sullivan
Priya Umapathi
Rishi Mehta
Steven Kim
Dorothy Castro

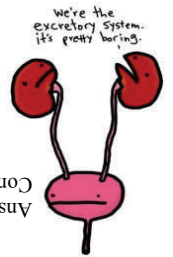
September:

Lucy Cheng
Sahar Ahadi
Lila Baaklini
Ashwin Babu
Chuanxing Qu
Ying Margie Tang
Umair Ahmad
Fatima Samad
Inderpreet Singh
Adam Raskin

Geena's Joke Corner



How do you make someone with Lupus Nephritis happy?



Answer: Give them a Compliment!!



Why do people with meningitis hate getting their picture taken?

Answer: They have photophobia

Geena's Jokes 2011 ©

Submit Your Abstracts!



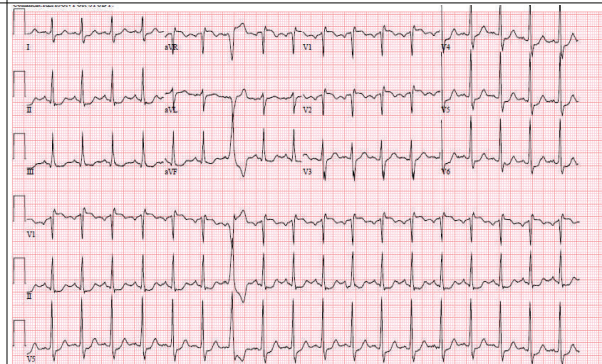
All residents are strongly encouraged to submit their abstracts to the New Jersey ACP Associates and Abstract Competition. You can turn your CPC presentations or QI projects into abstracts. All submitted abstracts will be accepted and published in their booklet, with the best chosen to be

presented as a poster at the March 2012 annual meeting.

Submit your abstract to the 2011 competition now! The deadline to submit is November 4, 2011. For further details, go to

http://www.acponline.org/about_acp/chapters/nj/abstract_guide.htm

EKG Challenge



65-year-old man presents with syncope. What is the diagnosis?

Answer: Pulmonary embolism

Save the Date!



The Department of Medicine's Annual Holiday Party is scheduled for Saturday, December 3, 2011 from 7:00pm to 11:30pm at the Westmount Country Club. Please mark your calendars and save the date! We look forward to seeing everyone there!

Questions? Need to talk?



UH Chiefs

973-972-5584 or 6054

HUMC Chiefs

201-996-2591 or 2592

VA Chiefs

973-676-1000 x1873, 1874, or 2803