

Resident Connections Quarterly

UMDNJ-NJMS Internal Medicine Residency Program

Volume 2, Issue 3

Spring 2011

Match Results: The Intern Class of 2011-2012

Match Day took place this year on March 17. Once again, our Internal Medicine Residency Program matched with an outstanding group of applicants. As background, over 2400 applications were received for the three-year categorical program. From this large pool, 370 applicants were invited to interview for our 27 available positions. For the one-year



preliminary medicine program, 680 applications were reviewed, and 97 applicants were offered interviews. Interviews were conducted three times a week from the end of November until the end of January. Fifty-six faculty members from our three hospitals graciously participated as faculty interviewers, and the residents were treated to great lunches with the applicants on a daily basis. For this upcoming year, we “matched” with 27 new categorical interns, 10 preliminary interns, and 4 medicine-pediatrics interns. Many of these new doctors (22 to be exact) will be joining us from

our very own New Jersey Medical School. That so many of our own students want to continue their medical education right here at NJMS is a true testament of the program’s strength. NJMS students know first-hand that the faculty teaching and the diversity of

to name but a few. The new interns are a diverse group with interests ranging from ballroom dancing and bhangra to scuba diving and rock climbing. They seem to like degrees – MPH’s, PhD’s, even a JD! Many of the interns have also lived abroad in countries as diverse as Switzerland, Saudi Arabia, China, Pakistan, New Zealand, Malaysia, India, and Russia. Clearly, we have a remarkable group of individuals starting in July. Please join us in welcoming our new interns – they have a busy and fun-filled journey ahead of them!



patient pathology is second to none!

The other medical schools our new interns are coming from include SUNY-Downstate, University of Kentucky, Temple University, Stony Brook, NYCOM, University of Buffalo, PCOM, and St. George’s,



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2011 Housestaff Commencement



“There is a good reason they call these ceremonies commencement exercises. Graduation is not the end, but the beginning” - Orrin Hatch, US Senator

3rd years (and 4th year Med-Peds): Your days of waiting are near over, it is time to get ready for the most anticipated day of your academic year...graduation day! Our 2011 Commencement ceremony will be held in the Medical School at University Hospital, followed by an evening of fine cuisine & dancing at The Maplewood Country Club on June 8th, 2011. Save the date!

Who's Who Among Medicine Attendings - Anand Srinivasan, MD



After being born in Hell's Kitchen and learning his street smarts in the 1970's Manhattan Public School scene, Dr. Srinivasan's parents moved the 9 year old to Bergen County, New Jersey. As a result, he missed out on Studio 54's heyday but he credits the move to Jersey with providing him with direction and a safe place to play little league baseball. He took well to the Jersey life, going to grade school in Haworth, and High School in Demarest. He ventured off to Muhlenberg College in PA, and when New Jersey Medical School said "don't call us, we'll call you," he went to St. George's University in Grenada. He remains deeply indebted to St. George's for making him a doctor and allowing him to get back to NJMS, albeit through the back door. These days he can usually be found on service at the EOVA, his second home since 2000. He considers himself lucky to have the co-workers he does, and the opportunity to take care of the best-of-the best. When

asked what he would change, he says "nothing." Outside of work, Dr Srinivasan enjoys time with his lovely wife Erika, and the love of their lives, 16 month old Sonny.

He has played the drums since he was 8 years old and been in various rock bands since high school. Most recently he did a 5 year stint with fellow APD Mike Demyen in a local cover band that played throughout the North Jersey music scene. Age finally caught up with them, and they were forced to retire. A lifelong Mets fan, he is known to bleed blue and orange when cut. In fact prior to the start of his own family, he considered 1986 to be the best year of his life.



Random Northern New Jersey Fact

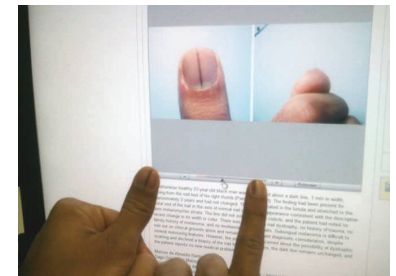
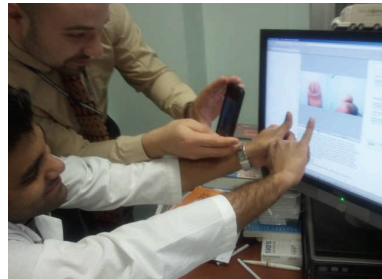


The first baseball game in the United States was played in Hoboken, NJ, which is also the birthplace of Frank Sinatra. The game was played on June 19, 1846 on Hoboken's Elysian Fields with the New York Baseball Club defeating the Knickerbockers 23-1. The game was umpired by Alexander Cartwright who also wrote the "Knickerbocker Rules". These rules would serve as the basis for which modern baseball rules would evolve over the next half-century. Ironically, New Jersey has never had a Major League Baseball team to name its own. However, there are plenty of neighboring states hosting world-famous teams for those New Jersey baseball fans, such as the NY Mets & Yankees, PA Phillies. March 31st marked opening day for 2011 MLB season. Batter Up!



Non-Clinical Image

Dr. Roman Spivak helps diagnose Dr. Kamran Ahmed with Melanonychia Striata



Marcos de Almeida Santos, M.D., and Tiago Osternack Malucelli, M.D. New England Journal of Medicine, March 2011; 364:e22



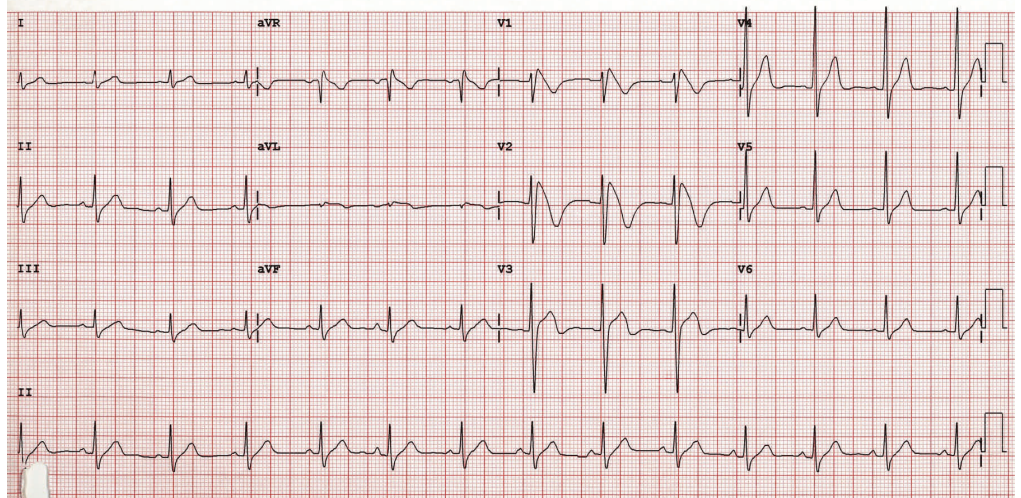
EKG Challenge

Describe the EKG abnormality.

What is the diagnosis?

What clinical criteria is necessary to support the diagnosis?

Answers on page 8



A Case to Consider



30 y/o female presents with 3 month history of intensely pruritic rash, symmetrically distributed on both legs. She reports normal bowel habits, takes no medications & denies medical problems.

Name the rash, disease, and initial treatment.

Answers on Page 8

More from Roman . . .



"We find that compliance improves when you only have to take one pill a day."
 "Americans just didn't want to deal with milligrams anymore."
 "I thought baby aspirin meant the lower dose, not the size of a human baby."

ACP Internist Cartoon Archive 3/22/2011

QA/QI Initiative



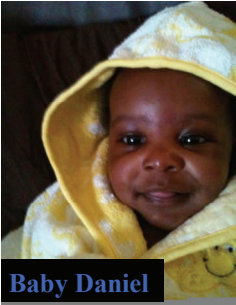
The new residency QA/QI initiative has begun with initial meetings held in March. Residents have been split up into teams of 3 or 4 and are working together to complete a project of interest to them. As residents-in-training, we often come across cases, where guidelines may not have been met. Through the QA/QI process, residents are confirming their suspicions with hard evidence through objective data.

Dr. Steven Keller has been appointed mentor of the QA/QI initiative. Dr. Keller is the ideal candidate for this position and our Internal Medicine residents will benefit greatly from his guidance. Dr. Keller received his PhD from Columbia in the Department of Pathology and is a tenured Professor of both Family Medicine and Psychiatry. He has held numerous university appointments as a senior researcher at Columbia and Mount Sinai. In addition, he previously served as Assistant Dean of Education and Information Technology at NJMS before assuming his current post as Director of Fam-

ily Medicine Research. Dr. Keller has a passion for QA/QI, and he hopes the residents will not only bring clinical and systemic errors in patient management to light, but will also identify and employ improvement interventions. Projects cover diverse fields which span inpatient, outpatient, and acute care locations. Thus far, the range of identified projects vary from the use of radiography in pancreatitis, to appropriate use of nephrology referrals in kidney disease patients. With the help of Dr. Keller, residents will aim to ensure safety and optimal care for patients at all 3 clinical sites.



Our Growing Family



Baby Daniel



Baby Jafary



Baby Harary



Baby Yau



Baby Robinette



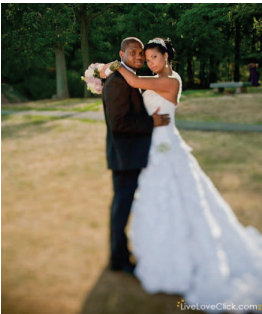
Baby Riaz

BABIES:

Ahmar Jafary— Daughter Raniya Batool 10/11/2010
 Yetunde Daniel— Son Oyelekan Nathan 11/5/2010
 Aasma Riaz— Son Munsif Minhas 12/12/2010
 Cyrus Yau—Son Oliver Lok-Tin 1/25/2011
 Mendy Harary—Son David 3/4/2011
 Laura Robinette—Daughter Charlotte Rose 4/1/2011
 Fareeha Cheema—stork expected 4/30/2011 (girl)
 Michael Esrick—stork expected 5/30/2011 (surprise)
 Hayder Hashim—stork expected 7/21/2011 (boy)

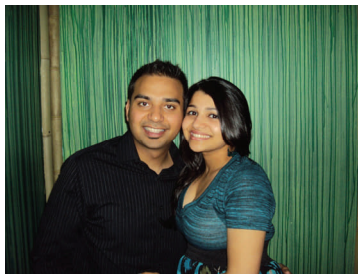
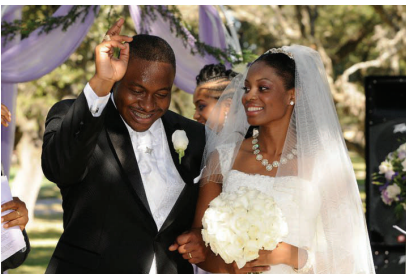
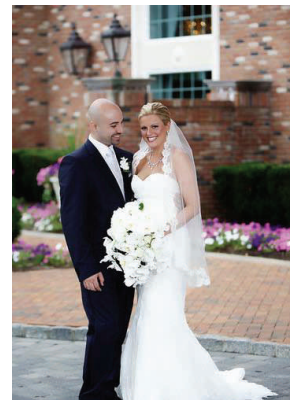


Baby Hashim



MARRIAGES/ENGAGEMENTS:

Leidy Soriano & Tony Isenalumhe 8/8/2010
 Michael Esrick & Bethany Lipa 8/14/2010
 Roman Spivak & Julia Bonks 8/15/2010
 Lia Matarrese & Samuel McGibbon 9/18/2010
 Chidinma Nwogu & John Aniemekwe 12/4/2010
 Irene Hwu & Edward Sun will tie the knot on 5/7/2011
 Anish Doshi & Kanchi Kacharia will tie the knot on 6/11/2011
 Razvi Razack & Saira Nawaz will tie the knot on 6/18/2011



Golden Apple Awards Ceremony



The annual Golden Apple Ceremony, an evening of dinner, dancing, and awards, is arranged by the NJMS students in order to show appreciation to the dedicated residents and attending physicians they encounter throughout their medical school careers.

Awards are given to top nominees by each medical school class. More than thirty of our internal medicine residents were nominated for this year's Golden Apple Dinner which was held at the Hyatt Regency in Jersey City on March 26th, 2011. The night was a great opportunity to see the students, residents and attending mingle and network. Our resident nominees were: Lauren Blackwell, Alice Hon, Dhanashri Miskin, Walson Metzger, Timothy Meehan, Steven Kim, Ruchi Kumari, Veeral Patel, Syed Safdar, Miranda Tan, Umair Ahmad, Morium Akthar, Abanonu Chinemerem, Grace Grabowy, Hayder Hashim, Ehsan Hazrati, Catherine Koper, Sreelatha Naik, Bimal Patel, Rinku Patel, Adam Raskin, Daniel Salazar, Susana Tapia, Molly Barry, Jison Hong, Ethan Ko, Katherine Kim, Roxanna Rodriguez, Slawomir Sender, Geena Varghese. The Golden Apple Award Recipients for Teaching Excellence in the Department of Medicine were: Dr. Michael Jaker, Dr. Christine Gerula, Dr. Jo-Ann Reteguiz, Dr. Anand Srinivasan. We would like to extend our congratulations to this year's nominees and winners!



Hot Nosh or Hot Nauseous?

By Cyrus Yau & Molly Barry



Molly and I spent one cold month of February holed up in the UH CCU together. After a week of Burger King, we found refuge in a little known vending machine named Hot Nosh, which provides hot kosher meals "24-6." Being the only warm food after BK closed, Hot Nosh was our guilty pleasure. Sadly it was also one of our fondest memories of the month. The food has supposedly been "upgraded" since then, so the two of us went on a fact finding mission to determine if the food is indeed Hot Nosh or Hot Nauseous.



We partook of the 5 available items and rated them based on the pediatric pain scale. The criteria and results are noted below.

| | Onion Rings | Cheese Pizza | Pizza Bagel | Potato Knish | Ice Cream Sandwich |
|----------------------------|-------------|--------------|-------------|--------------|--------------------|
| Presentation | ☹️ | 😊 | 😊 | 😊 | 😊 |
| Mush Factor | ☹️ | 😊 | 😊 | 😊 | 😊 |
| Flavor | ☹️ | 😊 | 😊 | 😊 | 😊 |
| Umami | ☹️ | 😊 | 😊 | 😊 | 😊 |
| Cost / Benefit | ☹️ | ☹️ | 😊 | 😊 | ☹️ |
| Overall Noshability | ☹️ | 😊 | 😊 | 😊 | ☹️ |

Tasty! ☺️ ☺️ ☺️ ☹️ ☹️ ☹️ **Yuck!**

Molly and I agreed that the onion rings were by far the worst offering. Onions rings are supposed to be sweet on the inside and crunchy on the outside, neither of which describes these onion rings despite the patented "crisper technology." We enjoyed the potato knish the most, noting the warm crisp pastry layer, and the soft and savory mash potato center. Overall, the offerings were expensive, ranging from \$3.75 to \$4.75. The worst bang for your buck was the tiny ice cream sandwich. A giant sized Good Humor sandwich similarly costs only \$1.75.

Caution Hot. Results may vary. Items may appear larger and tastier than they are, especially at 4am.



March Madness : Our First Annual Challenge Bowl



We challenged you and picked your brains.... so which team made the most synapses? The Madness began on March 11, 2011 at each of the 3 sites with the core topics of Hematology/Oncology, Endocrine, and Rheumatology. Our first round winners were: Aasma Riaz, Robert Kozlowski, Shriji Patel (HUMC); Sreelatha Naik, Samia Ibrahim, Birju Bhatt, Michael Esrick (UH); and Kamran Ahmed, Syed Safdar, Rinku Patel, Renee Paulin, Roger Keshav, Carl Atallah (VA). Teams went on to duel the final round at University Hospital on March 25th. The winning team: Team VA, who will get to enjoy a call-free month!!!

Residents: start preparing now for next year's tournament!



Who's Who Among NJMS Residents -

Syed Safdar, M.D.

&

Michael Cho, M.D.



Syed Asad Safdar has the same first name as his brothers, and thus is often called by his middle name, although he has no preference. He was born to Pakistani immigrant parents who taught him what it means to be Pakistani and thus he considers his culture and background to be an important part of his life. Although he

and his family visit Pakistan as often as they can, his traveling there often finds him ill. For example, during his last visit, where he ended up in the hospital for a few days with Dengue Fever. The other major influence in Syed's life is his religion. Being a Muslim has definitely influenced many of his life decisions. Coming from a family of physicians, which include his father, aunt, brother, and two cousins, he didn't see much of a choice to becoming a doctor, although in all honesty he could not see himself in any other career but medicine. Outside of healing his patients, Syed also gives a separate prescription for laughter with his self-proclaimed bad jokes. Syed's interests include going to different types of restaurants and museums and learning different styles of dancing. He has been a part of dance routines that include breakdancing, Bhangra, merengue, tinikling, and hip hop dance. He is always up for learning a new style of dancing and would welcome recommendations or lessons. These interests are part of why he fell in love with his wife, whom he met during his first week of college at Villanova. She, being Puerto Rican, introduced him to a lot of culture and food that might never have been experienced if it weren't for her. This, including her smile and personality, won him over. Nine years later, he and his wife are married with a cat.



Michael was born in sunny Los Angeles, CA to Korean immigrant parents. He enjoyed the sun, beaches, and palm trees in LA, then moved to San Diego, before moving to the Washington DC area years later. A part of him never forgave his parents for that little stunt, especially during the East Coast blizzard of 1996 when they were snowed in for a week. He attended high school at Walt Whitman High in Bethesda MD, where he played both JV and Varsity foot-

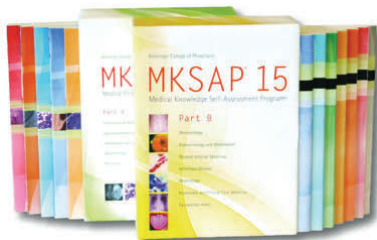
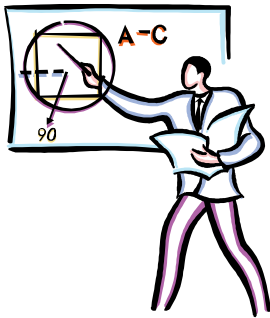
ball. He remembers his career highlight as sealing a win for his team with an interception on the last play of a game. Off the field, Michael was also a "mathlete," participating in math competitions. Michael descends from a long lineage of healthcare providers, most notably his grandfather, who was chief radiologist for the Korean army. Michael received his BA in Natural Sciences at Johns Hopkins University, where he participated in research on the etiology of eating disorders using PET imaging. He went on to receive an MS degree in Physiology and Biophysics from Georgetown University, and proceeded to obtain his medical degree from George Washington University School of Medicine. He describes his intern year here at UMDNJ-NJMS as a fun rollercoaster ride thus far. He has now mastered the art of sleeping through the roar of the PATH train that runs by his apartment every 30 minutes, and is still looking to cure the "waking up in a cold sweat at 2:00 am to the sound of the 9A conference phone ringing" disease. New Year's resolutions include: mastering the VA-CPRS system, emulating Dr. Kapila's experienced physical exam, improving his Spanish & Korean, playing the guitar, learning to cook, exploring more of NYC and NJ with his fellow residents, catching some Nets & Knicks games, and avoiding the crazy urban drivers and even crazier potholes.

New Resident Learning Curriculum



“To teach is to learn”

The month of April marks the beginning of our new resident learning curriculum which emphasizes this old Japanese proverb. Our curriculum will be designed around the core topics & discussions within MKSAP 15, however, we will ask each of the residents to also venture beyond these books to get a deeper understanding of assigned diseases and return to convey this information to fellow residents. Our noon conferences will now feature assigned residents, in teams of three, who will break down the “topics of the month” and teach them in an organized fashion. We are hopeful that this interactive learning structure will stimulate further reading amongst the residents and enhance retention of core medicine material.



Spring Fun in the NJ & NY Area!

NJ Festivals

35th Annual Branch Brook Park Cherry Blossom Festival, Newark, NJ. April 4th-17th.



Hoboken Cove Boathouse, Hoboken, NJ. Free kayaking in the Hudson river throughout the summer. <http://www.hobokencoveboathouse.org/> for dates and availability.

New Jersey Seafood Festival. Belmar, NJ. June 10th-June12th.



NYC Activities:

The Orchid Show: On Broadway, The New York Botanical Gardens. March 5th – April 25th.



Fleet Week—New York City, USS Intrepid and Air and Space Museum. May 26th to June 2nd.

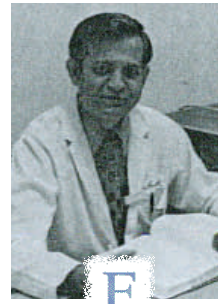
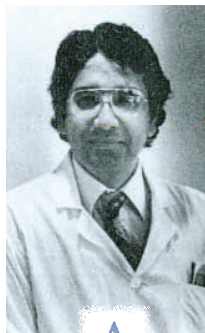
Shakespeare in the Park, Delacourte Theatre in Central Park, featuring *Alls Well That Ends Well* and *Measure for Measure*. June 6th-July 30th. (Each patron can pick up 2 free tickets same day starting at 1pm, first come first serve.)



The Good Old Days: Spot The University Hospital Attendings



Let’s turn back the hands of time... can you spot your NJMS attendings from their medical school yearbooks?



Matching - answers may be used more than once or not at all:

1. Dr. Haider
2. Dr. McDonald
3. Dr. Kapila
4. Dr. Baskin
5. Dr. Lavietes
6. Dr. Ahmed
7. Dr. Jaker
8. Dr. Reddy

Answers: A-3, B-4, C-5, D-3, E-1, F-6, G-2

RCQ brought to you by :

Chief Residents—Molly Barry, Laura Robinette, Janeen Miraglia, Cyrus Yau, Roman Spivak, Katherine Kim, and Razvi Razack.

Program Director—Neil Kothari

Suggestions?

Please send them to umdnjchiefs@gmail.com

UH Chiefs- Phone: 973-972-5584 or 6054

HUMC Chiefs- Phone: 201-996-2591 or 2592

VA Chiefs- Phone: 973-676-1000 x1873, 1874, or 2803



Patient Care, Teaching, Humanism, Professionalism

We're on the Web!
www.umdnjim.com



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

Distinguished House Staff Awards January - March:

January:

Przemyslaw Bednarz
Ruchi Kumari
Elizabeth Vassallo-DeLuca
Hayder Hashim
Umair Ahmad
Michael Esrick

February:

Przemyslaw Bednarz
Minal Ahson
Xiaolin Yu
Rinku Patel
Bimal Patel
Slawomir Sender

March:

Natacha Tessono
Shriji Patel
Kavita Gupta
Jose Churrango
Inderpreet Singh
George Protopapas

Answers to "A Case to Consider" (p.3)

Rash: Dermatitis Herpetiformis

Diagnosis: Celiac Disease

Initial Treatment: Gluten-free diet

Answers to "EKG Challenge" (p.3)

Diagnosis: Brugada Syndrome

Diagnostic EKG finding: "Brugada Sign" - coved ST segment elevation >2mm in v1-v3 (at least 2 leads), followed by a negative T wave

This EKG criteria *must* be associated with 1 of these clinical criteria :

- 1) Documented Vfib or Vtach
- 2) Family hx sudden death <45yr
- 3) Coved type EKGs in family members
- 4) Inducible VT with programmed electrical stimulation
- 5) Syncope
- 6) Nocturnal agonal respiration

Don't Forget!

Research Day : May 5, 2011 @ UH

Endocrine Board Review : May 16, 2011 @ HUMC

Transition Night : May 18, 2011 @ UH

Graduation Dinner: June 8, 2011 @ The Maplewood Country Club

New Intern Meet & Greet : June 23, 2011. Details TBA.

BLS/ACLS certifications **MUST BE** up to date!

Research Update



Join us in congratulating Matthew Michaels on finishing runner-up in the NJ ACP poster competition this past

February. To see Dr. Michaels' poster, as well as the many posters showcasing other interesting Internal Medicine resident cases & research, be sure to attend our **Annual Inter-**

nal Medicine Research Day.

Research day will be held on **May 5th, 2011** in the New Jersey Medical School Grand Foyer, along with refreshments & lunch. This is a great opportunity for you to support your fellow residents & specialty fellows, as well as an occasion for your own learning & research development. Mark your calendars!



Birthdays

APRIL:

Birju Bhatt
Monika Holbein
Rajiv Patel
Aleksy Tentler
Walson Metzger

Veeral Patel
Katherine Kim
Alice Hon
Anabella Moharita
Samia Ibrahim
Ruchi Kumari

MAY:

Adam Raskin
Cynthia Quainoo
Cyrus Yau
Ehsan Hazrati
Onajite Onaodowan
Kinjal Sheth
Rajarshi Parai

Amit Prasad
Tang Barnes
Mendy Harary
Lucky Coomaringam
Jason Zucker
Matthew Michaels
Matilda Akinyemi
Leandro Lencina

**JUNE:**

Hector Aguilar
Natacha Tessono
Shaun Altneu
George Protopapas
Steven Kim