

Resident Connections Quarterly

UMDNJ-NJMS Internal Medicine Residency Program

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New ICU Schedule Promotes Patient Safety and Resident Wakefulness

ICU rotations have long been one of the most grueling experiences for resident physicians. Patients are critically ill and require constant attention. Residents need to learn how to handle

and interpret large amounts of data, perform procedures, master complicated vent settings, and navigate end-of-life discussions with families. The long on-call shifts can certainly be difficult for the most seasoned physician. In NJMS' Internal Medicine Residency Program, the rotation has long featured on-call residents working 24 hour shifts. In the last several years, though, many studies examining resident fatigue and its negative impact on patient safety have been published. As a result, many organizations have tried to start changing the culture in medical education. Most recently, the ACGME approved new duty hours, effective July 2011, that limit intern shifts to no more than 16 hours.

One of Dr. Kothari's first priorities upon becoming Program Director was to re-examine resident work hours and flow. Speaking to a group of residents in November, Dr. Kothari said, "I've never been entirely comfortable with the idea of the most junior physicians in the hospital caring for the sickest, most critical patients while half-asleep. We have to develop new models to teach residents in a way that protects and enhances pa-

tient safety." The Chief Residents and Dr. Kothari set about creating four different ICU schedules that would eliminate 24-hour call for both interns and residents. These proposals were presented to the residents during two town hall meetings led by the Chiefs. The

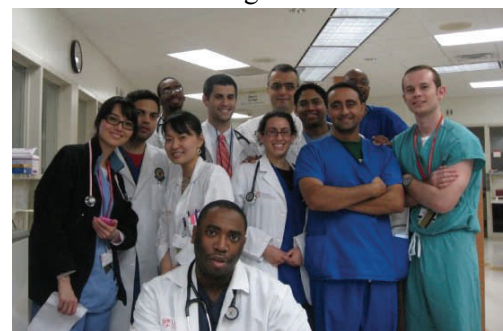


residents were encouraged to question the proposals, and debate the pro's and con's of the new systems. Ultimately, the residents chose a schedule in which they work in "shifts" lasting no more than 14 hours. In the process, the team structure of "1 intern-1 resident" was preserved. The new ICU format debuted in January at University Hospital and Hackensack University Medical Center.

In the new schedule, there are still four ICU teams. These teams will each have a Monday – Friday week of 12-hour night

shifts, along with one week-end of night shifts. In the day, the remaining three teams share responsibility for the patients, with one senior and one intern assigned to "long-call" (7am–7pm) each day to cover until the night team arrives. To ensure adequate ICU coverage on a daily basis, days off are now pre-assigned. Individual schedule requests are, as always, taken into account before the Chiefs create each monthly schedule.

The new ICU schedule promotes resident wakefulness during work hours, and helps ensure that patients are never cared for by "sleepy" residents. As with any new change in our program, we encourage prompt feedback so that any unanticipated "glitches" in the system can be immediately addressed. We appreciate your patience and understanding as we make this positive change for residents and patients alike. Cheers to fewer sleepless nights!



Upcoming CPC Presenters:

- Rene Paulin
- Ahmar Jafary & Timothy Meehan
- Jose Churrango & Rajarshi Parai

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Who's Who Among Medicine Attendings - Steven Sperber, MD

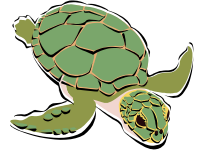


A native New Yorker, Dr. Steven Sperber spent his childhood in Long Island and attended Roslyn High School. After completing medical school at NYU and residency at SUNY-

Stony Brook, he went on to pursue his passion for infectious disease as a fellow at the University of Virginia.

Outside of the hospital, Dr. Sperber enjoys outdoor activities such as hiking, snorkeling, and gardening. One year he may be found hiking out west in the national parks with his wife Karen and two sons David and Jacob. The next year he may be found exploring and snorkeling in places like the Galapagos Islands and Bonaire, where he has discovered that true beauty lies not on the sandy beaches and ocean waves, but beneath the surface of

the sea. There he can follow groups of squid, swim with sea lions and penguins, and observe turtles in their natural environment. His appreciation for nature is often captured in his photographs, many of which adorn the walls of his office at HUMC.



Dr. Sperber is currently Chief of the Infectious Diseases Division and Associate Program Director for the UMDNJ Internal Medicine Residency Program at Hackensack University Medical Center.

Random Northern New Jersey Fact

The Bertha Schaefer Koempel Spoon Collection, consisting of over 5,400 individual pieces, is the largest grouping of its kind in the world, and is so famous that it was the subject of a question on *Jeopardy!*



The collection consists of commemorative-type spoons that were collected by the late Bertha Schaefer Koempel (1882-1966) over the course of her lifetime.

There are spoons from every state in the US, as well as from all over the world. She began collecting spoons as a young girl while growing up in Paterson, New Jersey, back when spoons depicting images of the area were the souvenir of choice. Over the years, relatives and friends would present her with souvenir spoons from their travels, and thus this extraordinary collection emerged.

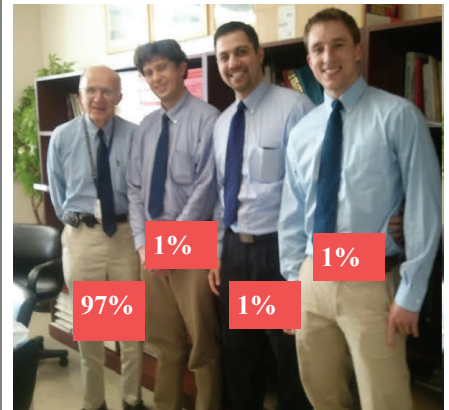
In 1967 her estate donated the entire

collection to the Passaic County Historical Society at Lambert Castle Museum. These spoons are grouped into seven subject categories: nautical, religious, Scandinavian, enameled figures, novelties, Middle Eastern/North African, and spoons made from natural/organic/animal materials.

The museum is open Wed through Sun 1pm to 4pm. The collection is located at: Lambert Castle, Valley Road, Paterson, NJ 07503



Who Wore It Best?



Pictured from left to right: Dr. Ralph Oriscello (VA Attending) Dr. Robert Kozlowski (PGY3), Dr. Hayder Hashim (PGY2), Thomas Krall (MSIII).

ACP Challenge Bowl!

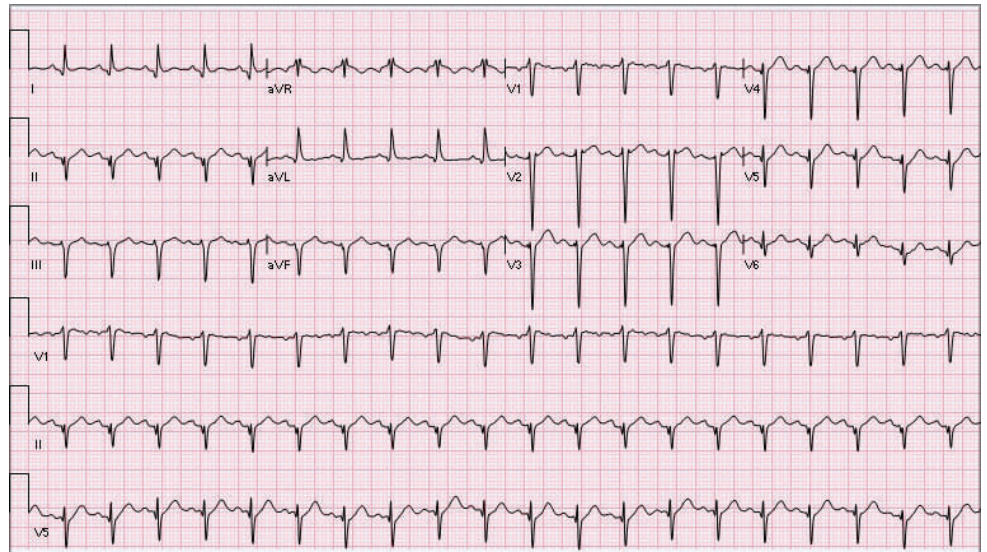
Congratulations & thanks to our resident team who took second place on January 18th, 2011 at the NJ ACP Challenge Bowl: Slawomir Sender (PGY3), Jison Hong (PGY3), Hayder Hashim (PGY2), and Sreelatha Naik (PGY2)



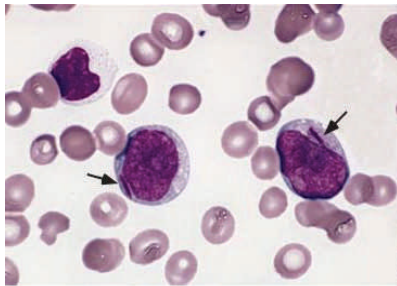
EKG Challenge

Identify the abnormalities on this EKG.
What lab abnormality would you expect?

Answers on page 8



A Case to Consider



A 60 y/o male presents with gum bleeding, petechiae, dyspnea.

Name the finding displayed in the peripheral smear and the associated diagnosis.

Answers on Page 8

More from Roman . . .

I listen to the voices
in my stethoscope



Right now I'm having
amnesia and déjà vu at
the same time. I think I've
forgotten this before.



“And no one thought to get a potassium level?”
-ACP Cartoon Content January 2009

Blizzard Stories - Dec. 26, 2010



‘Twas a stormy and wintery night, with more than 20 inches of snow and wind gusts up to 52mph. This definitely was a storm to remember.

Liz Vassallo-DeLuca, Sree Naik, Xiaolin Yu, and Rajiv Patel can recall an unscheduled

overnight stay in UH where Sree learned normal saline can double as contact solution. Hector Aguilar and Timothy Meehan enjoyed a similar overnight stay at the EOVA. Matilda Akinyemi battled Newark streets in the blizzard, was later rescued by the UMDNJ command center, and then went on to work her shift, only to go back and dig out her car thereafter. Umair Ahmad served as taxi driver to fellow residents trying to make their assigned shifts. Yuri Jadotte somehow walked through 2 feet of snow for night-float, while Ethan Ko managed to drive back from DC. Johanna Henriquez crashed at a psych resident’s house to return for a second HUMC ER shift. And the stories go on . . . We would also like to thank George, Jason, Jose,

Dhanashri, Manan, Roma, Fareeha, Robert, Jison, Shaun, Matilda, Ehsan, Birju, Anna, Raj Parai, Kunal, Lisa, Dorothy and anyone we may have missed, for your exhausting efforts to get to your patients and shifts during this winter storm.



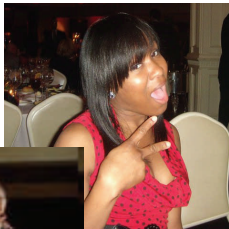
Above: Almost impassable Central Avenue!



Internal Medicine Annual Holiday Party 2010



The beautiful Westmount Country Club was the location for our annual Department of Medicine Winter Gala on December 4th, 2010. Over 75 residents attended the evening extravaganza!



Recent Resident Adventures!

By Geena Varghese, PGY3

On December 4, 2010, while many of you were getting your hair done or buying your outfit for the holiday party, a select few agreed to go paintballing. For those who have never been before, I will explain how to play. In the early morning, all the players gather on a paintball field. We are then given guns, paintballs, and protective gear including eye shields. The players are split into teams and placed on opposite sides of the field. Different types of games can be played, but your ultimate goal is always to kill or else be killed. The paintballs are painful and definitely cause bruises, so this is not for wimps.



Dr. Steve Kim pounced on his enemies, like “crouching tiger, hidden ninja.” We discovered that Dr. Rajiv Patel was as loyal as a stray dog – his only mission was to shoot his own team members. Dr. Kristin Wong was as deadly as TPA – she made everybody bleed. Dr. Ned Okarter, a frustrated intern, used this opportunity to violently shoot all of his seniors. Dr. Rex Sagalla must have been a Filipino soldier in his past life and played as if it was real combat. Dr. Carlos Nunez definitely brought out his military skills but threatened friendly fire on everyone. In retaliation, Dr. Geena Varghese was trigger happy and shot Dr. Nunez in the face while surrendering.

Dr. Hiren Patel performed some early goal directed shooting with great precision. And last but not least, Dr. Faisal Uddin, “the terminator,” inflicted wounds on everyone with astounding ease & tranquility. Many of us now have PTSD when we see him at the hospital. Though we were battered and bruised, we came to the holiday party and danced the night away.

So, have you ever wanted revenge on a pulmonary fellow for blocking an ICU admission, or the chief resident that put you on jeopardy, or your intern that forgot to order morning labs? If you answered ‘yes’ to any of these questions then you should join us at the next paintballing event coming this spring. Take your frustrations out in a safe way—in an open field with guns.

Guess Who : Name the resident who can rock a Santa hat & break dance with the best of them!

Answer on Page 8



Guess Who: Name the residents (1-5), each of whom is referenced in the article!

Answers on Page 8



The Busy Resident Recipe Stash

Hot Nacho Dip

-Laura Robinette, PGY5
Chief Medical Resident



Prep time 5 minutes, bake time 30 minutes
Calories (you don't want to know, but it tastes soooooo good)

Preheat oven to 350 degrees

Ingredients:

1 can Hormel® chili (vegetarian or beef, depending on what you want)
1 block Philadelphia® cream cheese (8 oz)
1 bag of shredded cheese (cheddar, Mexican blend, whatever you like)
1 can refried beans (if desired)
Sliced hot peppers (if desired)

Spread cream cheese (entire block) on the bottom of a medium casserole dish

Next layer: Refried beans (optional)

Next layer: Chili

Next layer: Hot peppers (optional)

Last layer: Shredded cheese, make sure everything is covered. You usually don't use the entire bag.

Bake in oven for 30 minutes.



Let cool for 5-10 minutes before serving.

Serve with tortilla chips and enjoy!

The Republican (aka Texas Delight Down Southwest)

- Inderpreet Singh, PGY2
(Egg-less Vegetarian)

Prep time: 15 quick minutes.
Devour time: 10 delicious minutes!

Ingredients:

1. Graham cracker pie crust - ready-made typically found in baking aisle of grocery store.
2. 8 oz Cool Whip® cream - despite its name this is basically emulsified sugar + oil (can use real whipping cream for richer taste and extra lipids).
3. 8 oz cream cheese - ok so it's not exactly for vegans.
4. Chocolate pudding - e.g. Jell-o® brand is ok, but use the real stuff if you desire accolades.
5. Optional but recommended: fruits of your liking - Bananas, Kiwis, Mangos,



Strawberries;
Nuts of your liking - crushed or chopped (have Epi-pen ready in case of anaphylaxis).

Procedure:

1. Obtain consent and prepare the site in usual sterile fashion. Preheat oven to 350°F.

2. Place graham cracker crust in pie pan and bake in oven for ~8-10 mins uncovered until golden brown. Let cool for few minutes afterwards.
3. While the above crust is baking, mix together the cream cheese with 1/2 of the Cool Whip® package, until smooth and creamy consistency. We will call this delicious new admixture "cream- whip"
4. (Optional) Cut assortment of fruit to bite sized pieces and place at bottom of crust.
5. Layer one - Apply generous layer of "cream- whip" (~3/4 to 1 inch) to bottom of pie crust, smothering all innocent fruit pieces in the process.
6. Layer two - Spread generous amount of chocolate pudding over the above cream- whip (1/2 inch or so).
7. Layer three - Coat remaining 1/2 package of Cool Whip® onto surface area of chocolate pudding layer.
8. (Optional) Layer 4 - Sprinkle chopped nuts on top of whipped cream layer.
9. Place dessert into fridge, and chill for 1-2 hours.
10. Serve to loved ones.

My hypothesis for this dessert success: The different densities of the layers, with their distinct textures of creaminess, sweetness, and varying amounts of air, along with a resolute crunch from the graham cracker crust, makes for a satisfying treat. I have yet to validate said hypothesis with a randomized clinical trial of sufficient power.

Who's Who Among Medicine Residents - Raffaele Bernardo, DO

Born to two Italian immigrants, Ralph Bernardo is no stranger to good food, homemade wine, and speaking with his hands. With a family predominately in the food industry, it is a wonder how this New Jersey native ended up practicing medicine!

After graduating from Bergen Catholic High School in Oradell, NJ, Ralph continued his education at Villanova University. While pursuing his degree, he found time for evening classes at a nearby community college where he received his EMT certification, and volunteered at a local hospital. After picking up two additional summer se-



mesters and studying abroad in Italy, he graduated from Villanova University in 2005 with a BA in Psychology and minors in Cognitive Science and Italian. Then, after a year of working as an EMT and having the opportunity to travel throughout Europe, Ralph continued his education at UMDNJ-SOM where he graduated in 2010.

Presently working through his first year of residency, Ralph still finds time for some good music, making a mess in the kitchen, and planning his next excursion. Already fluent in Italian, his latest quest is to conquer the French language!

Career Night Recap



Interested in Fellowship? Primary Care? Need help organizing your CV or fellowship personal statement? Residents had the opportunity to have an “up close & personal” conversation with subspecialty program directors during our annual Career night on October 26, 2010.

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Right: Dr.Reddy tells residents to cast aside their fears, and to just “GFR.”(Go For Renal!)



Left: Dr. Gerula risk stratifies the pluses and minuses of a Cardiology



Winter Fun in the NJ & NY Area!

Ice Skating in New Jersey:

1. IceHouse - Hackensack, NJ (Public skating on Fri Nights, Sat & Sun)
2. Rock Ice Center – Dunellen, NJ (Public skating hours vary)
3. Floyd Hall Ice Arena – Montclair, NJ



Ice Skating in New York:

1. Rockefeller Center
2. Wollman Rink, Central Park
3. Citi Pond, Bryant Park (free skating)

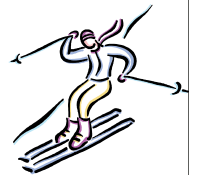


Winter Treats:

1. Frozen Hot Chocolate from Serendipity, NYC
2. Gourmet Soups vary daily at That Hot Dog Place in Redbank, NJ—served by the “Soupmeister”

Skiing/Snowtubing:

1. Mountain Creek Ski Resort, Vernon, NJ
2. Hunter Mountain, Hunter, NY
3. Bear Mountain, NY



Miscellaneous:

1. Indoor Water Park – Great Wolf Lodge, Poconos
2. New Jersey Devils Game, Prudential Center, Newark

Movie Night!

On January 27th, despite winter’s best efforts to sabotage our plans, we held our first Resident Movie Night! Residents enjoyed pizza and conversation before heading into our make-shift theater in MSB B-610.



Above: MCRs Ethan Ko and Mike Esrick have a chance to grab some dinner and catch up with friends.

The usually staid lecture



Left: Interns Mike Cho, Ruchi Kumari, Jason Zucker, and Marijesmar Gonzalez unwind with dinner and a movie!

hall was completely transformed into our very own screening room, complete with a full-size popcorn machine!



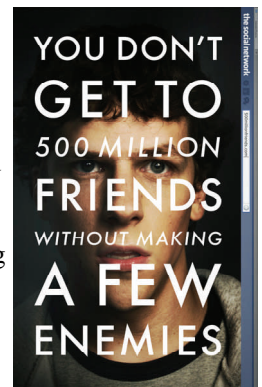
Left: Our very pregnant Chief Resident Laura Robinette serves up the first batch!



Left: Kunal Patel (PGY2) scoops his own bag of popcorn.

the social network

Residents watched *The Social Network*, the buzz-worthy film that scooped up four statues at the 2011 Golden Globes, including Best Picture. Along with providing an opportunity to see a great film, the screening also gave the residents the chance to consider their interaction with Facebook and the impact it has on their own professional lives.



Based on the positive reviews we received, we plan to host another event soon...stay tuned!

RCQ brought to you by :

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

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



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

Don't Forget!**Seniors-**

1. Register for Internal Medicine Boards (by February 15th!!!)
2. Plan an organized boards study schedule

Interns-

1. Schedule Step 3!
2. Gynecologic/Urologic teaching sessions coming in March 2011!

All Residents-

1. Start getting your posters ready for Research Day (May 2011) - email the chiefs for templates, **REMINDER: All CPC presentations must be made into posters!**
2. BLS/ACLS certifications MUST BE up to date!

Distinguished House Staff Awards**October:**

Syed Safdar
Jane Kim
Roma Chawla
Yetunde Daniel

November:

Nadin Exantus
Shriji Patel
Rinku Patel
Tanganyika Barnes

December:

Jason Zucker
Timothy Meehan
Dhanashri Miskin
George Protopapas
Fareeha Cheema
Umair Ahmad

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

Peripheral Smear: Immature myeloblasts with Auer rods

Diagnosis: Acute Myelogenous Leukemia (AML)

Answers to "EKG Challenge" (p.3)

EKG Abnormalities:
Prolonged QT interval
Old anterolateral wall MI.

Lab Abnormality:
Hypocalcemia

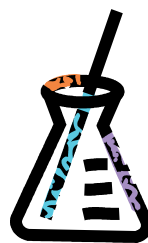
Answers to "Guess Who?" (p.5)

Top Picture: Syed Safdar (PGY1)
Bottom Picture:

1. Rex Sagalla (PGY3)
2. Steven Kim (PGY1)
3. Geena Varghese (PGY3)
4. Carlos Nunez (PGY3)
5. Rajiv Patel (PGY3)

Research Update

Congratulations to the following residents whose abstracts were accepted for poster presentation at the NJ ACP Annual Meeting on February 4, 2011.



Matthew Michaels (PGY1)
Inderpreet Singh (PGY2)
Cynthia Quainoo (PGY3)

1. Matthew Michaels, MD and Michael Jaker, MD. "A Hairy Situation: An Unusual Case of Lipoid Pneumonia in a 33 year old woman with Chest Pain, Dyspnea, and Palpitations"

2. Cynthia Quainoo MD, Inderpreet K. Singh DO, and Victoria Goldman-Gorelov MD. "A Case of Carotid Cavernous Fistula In The Setting of Activated Protein C Resistance (Factor V Leiden)"

Birthdays

JANUARY:
Michelle Grosso
Molly Barry
Ned Okarter
Irene Hao
Roma Chawla
Fatima Samad
Samiullah
Reggie Joseph
Kristin Wong
Rex Sagalla
Michael Esrick



FEBRUARY:
Anish Doshi
Catherine Kiper
Raffaele Bernardo
Jose Churrango
Anna Varghese
Ngozi Okeke
Trent Wang
Dhanashri Miskin

MARCH:
Rene Paulin
Chidinma Nwogu
Laura Robinette
Dorothy Castro
Hayder Hashim
Lisa Patel
Birju Bhatt
Johanna Henriquez
Neil Kothari
Fareeha Cheema