

Resident Connections Quarterly

UMDNJ-NJMS Internal Medicine Residency Program

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Spring 2013

NJMS Rocks NJ ACP Meeting!

by Kristin Wong



On March 8th, 2013, NJMS arrived to the American College of Physicians (ACP) New Jersey Chapter meeting in style, running 5 attendings, 7 residents, 4 students, and 1 alum-

nus deep. Not even 6 inches of snow could keep this supremely dedicated crew away.

Located in Iselin, NJ, the conference started with coffee, a full continental breakfast, and the Governor's welcome. Then our very own Liz Vassallo-DeLuca presented her group's QA/QI project on AAA screening. Competing with 3 other oral presentations on topics ranging from improving emergency response teams to resident fatigue, Liz blew her competition away with a confident, well-prepared, and sensational presentation. Liz wasn't the only NJMS resident who stole the show. Kavita Gupta also won over the

judges with her poster presentation titled, "Beauty is only Skin Deep, but Silicone Goes Much Deeper." Perhaps the large gluteus maximus featured on the poster really caught the judges' eyes. Both received first place certificates in their respective categories, a \$250 check, and a spot at the National ACP Conference.

Next on the agenda were some enlightening and very educational speakers, including our very own NJMS Chair of Medicine, Dr. Marc Klapholz, speaking on the current management of heart failure. Dr. Neil Kothari had the privilege of

introducing him, but was also integral in the success of the entire conference, being the chairperson of the program's planning committee. Dr.



David Cennimo, Med-Peds ID extraordinaire, then held a workshop on STI diagnosis and management. Also in attendance were Drs. Lisa Dever, Director of the ID Fellowship program, and Tony Tarchichi, a recent NJMS alum and residency graduate.

Lastly, the NJMS students were only narrowly defeated by RWJMS for the chance to take home the title of "Knowledge Bowl Champions." Still, two first-place winners and one second-place win wasn't too shabby for one day. In the end, the best part of the conference was the camaraderie and the infamous "Newark hoot and holler" for our outstanding colleagues.

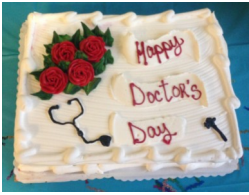
Inside this issue

<i>Happy Doctor's Day!</i>	2
<i>March Madness Knowledge Bowl</i>	2
<i>Who's Who—Resident</i>	3
<i>Who's Who—Attending</i>	3
<i>Golden Apple Awards</i>	4
<i>Career Night</i>	4
<i>Surviving Residency</i>	5
<i>GTA/UTA Sessions</i>	5
<i>Karaoke Night</i>	6
<i>Furka Flay</i>	6
<i>In-House Connections</i>	6
<i>Techno-Medicology</i>	7
<i>Deep Thoughts</i>	7
<i>Doppelgängers!</i>	7
<i>Distinguished Housestaff Awards</i>	8
<i>Useful Medical Terms</i>	8
<i>Get to Know the Chiefs</i>	8



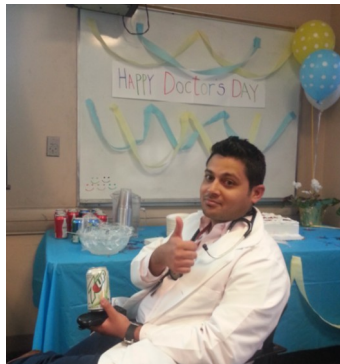
Happy Doctors' Day!

by Liz Vassallo-DeLuca



While the first Doctors' Day was celebrated

on March 30, 1933, it was not until 1990 that National Doctors' Day became a federally-recognized holiday with the signing of legislation by then-President George H.W. Bush. The date of March 30 was originally chosen to commemorate physicians, as March 30, 1842 was the first time a physician administered anesthesia for surgery (prior to that, presumably no one wanted to show thanks to someone who



would cut them open while fully conscious!!). Doctors' Day started off as a time to send thank you cards to family physicians, and has evolved with some hospitals providing luncheons and small gifts to physicians--- Hallmark even has a line of cards in honor of the day!

This year at NJMS, all three hospital sites celebrated Doctors' Day with lunch and cake. At University Hospital, residents enjoyed pizza and cake provided by the Department of Medicine; at Hackensack residents enjoyed delicious sandwiches and a particularly rich and sinful red velvet cake; while at the VA, residents enjoyed cake and merriment with beloved attendings. In addition, residents had the pleasure of watching a video compilation



of photographs taken over the past few years of residency documenting their times as physicians (<http://youtu.be/uYw7Ns1D2wY>). These images included snapshots of residents bonding over night float, call days, and the ICU, and were set to music by Chief Natalie Furka. It was very moving, and one or two residents even shed a tear. Future VA Chief, Cordero Floyd, noted, "The video reminded me of the great

times shared by scared residents." For those of us who will be parting ways with NJMS this



June, the touching tribute was just one more reminder of all the amazing memories we have made during our years as Internal Medicine residents, and how much we will truly miss one another!



March Madness Knowledge Bowl

by Stephanie Kim

For most, March Madness is the time of year for the most avid of basketball enthusiasts to hitch their wagons to the stars of their favorite teams, following them to glory or defeat. For those of us in the Internal Medicine Residency Program, it is an equally dramatic time of year, a chance to flex some



academic muscle for a shot at winning the title of the 2nd annual March Madness Medicine tournament. This year's grand prize was an all expense paid dinner for the winning team. With their eyes on the prize, teams from each of the three sites competed in a fast and furious first round. At the end, three teams

were left standing, one from each respective site. This year's March Madness finale challenged ties of old school allegiances (Aga Khan vs. Aga Khan), ties of friendship (I may have referred to Dr. Safdar as a "poopyhead" at one point), and hospital ties (the DiVAs from the VA were mostly to blame for trying to breed interhospital hostility). It was a spirited match, with much friendly smack talk and banter, but at the end of the day, team UH was victorious.

Team UH, comprised of Patrick Buczynski, Hadi Burghri, Aesha Jobanputra, and yours truly (Steph Kim) will soon be seen at a local eatery near you, chowing down to a gout-inducing feast! Thank you to the chiefs for putting together a fun tournament this year, and most of all, for not mocking us after insisting that "Spider Man Syndrome" is a real thing!



Who's Who Among NJMS Residents - John Kern, DO



John was born in the small town of Glenmoore, PA about an hour outside of Philadelphia. He is the fifth of seven children with four brothers and two sisters. He was exposed to the field of medicine from an early age by his father, an allergist, and mother, an OR nurse. Despite this early exposure it was not till later that John decided to pursue a career in medicine. He had a wide variety of jobs during college, from sales to flipping houses and even working as a stable hand.

John attended Drexel University in Philadelphia for his un-

dergraduate education where he pursued a degree in marketing intending on following his older brother into pharmaceutical sales. While at Drexel, he participated in an internship program which exposed him to sales, branding, and marketing. John soon realized that this career path was not right for him and after a 6 month internship with a sports marketing company, he quit and decided he would like to go to medical school. One year later, he was ac-



cepted to Philadelphia College of Osteopathic Medicine. While at Drexel, he also joined the Drexel equestrian team where he met his wife, Corinne. They were married on the beach during his first year of medical school.

While living in Philadelphia, John spent much of his time volunteering in his community. Every year he helped to decorate the Ronald McDonald House for Christmas. He also participated in Habitat

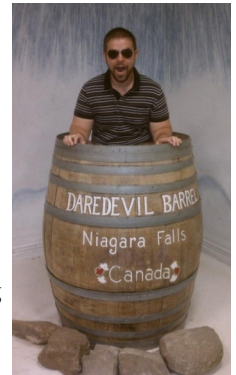
for Humanity, March of Dimes, Volunteer EMS, and a local soup

kitchen.

When it comes to free time there is nothing John enjoys more than being outdoors. He loves fishing,

riding horses, bow hunting, snowboarding, camping, and running with his Doberman, and since moving to the Jersey Shore, is learning how to surf.

While he is nearing the end of his first year of residency, he has thoroughly enjoyed his time here and cannot wait to see what is yet to come!



Who's Who Among Medicine Attendings - Mirela Feurdean, MD

by Trent Wang



Dr. Feurdean graduated from the Grigore T Popa University of Medicine and Pharmacy in Romania. She underwent training in obstetrics and gynecology for five years until she decided to pursue a second specialty in Internal Medicine. At Sound Shore Medical Center in Westchester NY, she completed residency training as well as serving as Chief Resident, and subsequently stayed on as fac-

ulty for 3 years. She later accepted the Director of Ambulatory Care position at Overlook Hospital, where she has worked until coming to NJMS as our new Associate Program Director in March.

Outside of the rush of patient care and age-appropriate cancer screenings, Dr Feurdean enjoys spending a lot of time with her family, notably her 10-year old daughter and her neurologist husband. Her interests include hiking, reading good books, and music of the symphony-jazz variety. For those who must know, she is a proud cat owner. One interesting tidbit about her is that she learned how to ride a bicycle just a few years prior. This was to demonstrate to her daughter that anything is possible, and to lead her through example!

Her professional passion has been medical education, which she is quite proficient at given

that she has been awarded Teacher of the Year at two different institutions within the past 5 years. She encourages us to learn more and try to master the "Art of Medicine", and encourages all residents to maintain their perpetual curiosity in medicine and physiology. A fresh empathy towards all of our patients is required at all times, and we must be wary not to become jaded in our profession.

With regards to our upcoming ambulatory care curriculum, Dr. Feurdean has grand designs in store. Through small group workshops, independent

learning, and journal club, we will solidify our knowledge foundation and realize our potential as outpatient clinicians. We should all be very excited about our new focus on ambulatory care curriculum and practice that Dr. Feurdean will be leading. We are happy that you have joined us and look forward to sharing in your success here! Welcome aboard!



Golden Apple Awards

by Shashi Kapadia

Late March marked the annual Golden Apple Awards, where medical students voted for the best and the brightest among residents and faculty. This year was special in a number of ways, as it marked the last Golden Apple Awards under the UMDNJ brand. It was also the largest Golden Apple ever held, with over 400 in attendance.

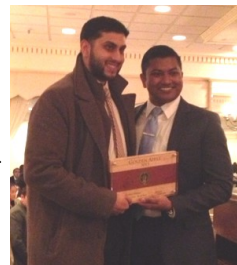
Dolled-up dancing and responsible consumption of alcoholic beverages filled the night at the beautiful Mayfair Farms in West Orange.

The Golden Apple nominee list once again included many familiar favorites, as those who have brought a passionate commitment to teaching were recog-



nized for yet another year. Once again the Department of Medicine's faculty and residents didn't slack off with 40 resident nominees in the running. We were led by our own program director, Dr Kothari. Professor Hayder Hashim took home his second consecutive Golden Apple, and he was joined by second year residents Ahmad Yousaf and Shashi Kapadia.

It was doubtless a bittersweet moment for Dr. Oriscello, as students and residents celebrated his lifetime of teaching with what may be his last Golden Apple as he prepares to hang up his calipers. And running in the "attending" category for only his second year, Dr Cennimo received a special award for his dedication to teaching and service in the Student Family Health



Care Center, the student-run free clinic in the DOC. A special honor was



also given to the late Dr Benjamin Rush, former chair of the Department of Surgery, who passed away earlier this year after over four decades of service to surgical education, academics, and the New Jersey Medical School.

All in all, it was a vibrant and successful evening, and everyone made it home safely. Congratulations to all the winners, all the nominees, and of course to the NJMS class of 2013.



NJMS Career Night

by Nneoma Okoronkwo



As part of our program's efforts to prepare residents for their future career path, the residency program organizes an annual career night. During this event, residents have an opportunity to discuss the fellowship application process with a panel of experts, ask questions pertaining to their potential career choices, as well as receive advice regarding construction of their resu-
més. This year, career night was held on the 2nd of April 2013 and was well attended by residents and fellowship program directors representing Gastroenterology, Pulmonary/Critical Care, Cardiology, Nephrology, Infectious Disease, Hospitalist Medicine, Endocrinology, Hematology/Oncology, Allergy/Immunology, and Rheumatology.

The night started off with a complimentary dinner which everyone enjoyed while

catching up with other colleagues who are currently rotating at different hospitals. Afterwards, all residents were given a welcome packet that contained very useful information such as a guide to the ERAS application process with deadlines, career fair tips, sample resu-
més, questions from fellowship interviews, data on the fellowship match in 2013, and interview questions for fellowships and private practice jobs.

The panel then proceeded to give their expert opinion on what makes an ideal candidate for fellowship and offered tips for interviews. After this, they answered pertinent questions from the audience concerning various issues such as research, contents of the personal statement, negotiating contracts for hospitalist positions, relevance of board scores, letters of recommendations, as well as advice on how to handle changes in career choices at a later stage in residency. Finally, we broke into small group sessions that focused on individual fellowships and primary care. Here, residents had the opportunity to become personally acquainted with the fellowship



directors of their choice, and ask specific questions pertaining to their area of interest.

The event was met with very positive feedback with most residents saying they were well educated, informed, and steered in the right direction in preparation for their further career pathways. Thank you to all the faculty who attended for helping make this event a success, and to Dr. Kothari and our chief residents for putting this all together. We look forward to another amazing and helpful event next year!



Surviving Residency: One Resident's Story

by Marijesmar Gonzalez



As my last year of residency comes to a close, it is hard not to be nostalgic of the

passing years. While some of my colleagues will take on new attending positions, others will venture into fellowships or academia. Residency is not much different from an exhilarating roller coaster ride with its ups and downs, but what I have realized is that surviving residency is made easier with the help of a strong and supportive residency program, just like ours!

While I was born and raised in Puerto Rico, I chose to venture out for residency. When I interviewed at the NJMS Internal Medicine program, I instinctively knew this was the program I was looking for. Now in retrospect, I know exactly why.

After moving to New Jersey, my homesickness quickly drowned under the excitement of writing orders, answering pages, preparing for morning reports and taking care of patients. The year was quickly flying by, but as luck would have it, I found my apartment flooded after a winter storm on New Year's Eve. Alone and afraid, I called one of my co-residents who quickly

welcomed me into her home, where I stayed until I found further housing. The routines of internship continued on, and becoming a senior was just on the horizon.

However, one sneeze later, my life changed forever. I subsequently developed urinary retention, back pain and right foot drop, and required emergent spinal surgery. I hope you all know the diagnosis! And though it was an immensely difficult time for me both physically and emotionally, the downpour of support from not only my family but my fellow residents, chiefs and program director strengthened my will to follow forward. After a grueling rehabilitation, I was back on my feet and ready to enjoy senior responsibilities like managing a team and of course, writing fewer notes and discharge summaries!

The memories and life experiences we come across during residency will always share a corner of our hearts and minds, and the people we meet will leave everlasting imprints on our souls. I will



never forget the powerful meaning behind Dr. Reddi's simple words reminding me always "to help someone in need," after he generously sponsored my lost Step 3 books, after being mugged at outside my home at the end of my second year. Unde-
feated, I still took my Step 3 exam a few days later and passed!

And though my story continues and the daily challenges remain embedded in all facets of my life, I hope sharing a snippet of my story will help empower and encourage residents to face the troubles in their own lives and to realize that they are not alone! As I complete the remainder of my residency, I can proudly say that I have not only survived but thrived during residency, in part, thanks to our all around wonderful and humanistic program!



GTA/UTA Sessions

by Peter Ricketti



On March 4th and 12th from 8 AM to noon, the NJMS Internal Medicine Residency Program

kindly set up two four-hour sessions with Gynecologic & Urologic Teaching Associates (GTA/UTA) at the Clinical Skills Training Center where we each had an opportunity to enhance our skills and become more proficient at performing genital and prostate exams in men, and pelvic and breast exams in women.

Trained male urogenital and female gynecological teaching assistants were used, not only to serve as patients for the practice examinations, but also as instructors

teaching us the fundamentals of these examinations and proper approach to the patient. Therefore, we all came together and joined forces on these two wonderful days as we grabbed our speculums and lubed up our fingers for one common goal: to learn how to perform the best urogenital and gynecological examinations possible.

These sessions were useful for all the residents because they provided detailed steps on how to do proper male and female exams that some of us may routinely gloss over. The instructors were well versed and



helped refine our physical exam skills to ensure proper technique in performing these examinations. Additionally, the instructors helped substantiate and reinforce information that we already knew. I feel that the GTA/UTA sessions are a valuable asset, not only to our program, but also to the community as a whole because of the skills we obtained. I believe that every healthcare professional should receive exposure to these sessions at least once in their careers to gain appreciation of the medical aspects involving these systems and also the psychosocial aspects involving the patients as well.



Karaoke Night!

by Ipsit Pandya

On the night of March 1, 2013, a group of cool people went out to get their karaoke on. Although it was mostly interns, there were guest appearances by third year resident Steve Kim, as well as the coolest chief around, Umair (although he didn't sing... I guess he didn't have enough Red Bull.)

There were many breakout stars that may have gone on to become singers if they hadn't settled on going to medical school. Nneoma Okoronkwo and Brenda Dorcelly were both dazzling divas, able to sing most



songs flawlessly. Although they sang several duets, the best duet award definitely went to Misho and yours truly singing "No Air" by Chris

Brown and Jordin Sparks. Misho sang Ms. Sparks' part. Margaret Duffy and Yinfei Xu provided fabulous backup dancing for most songs. Jean McGee's hubby watched in horror as Jean sang "Follow Me" by Uncle Kracker, a song that included lyrics such as "I'm not worried 'bout the ring you wear, as long as no one knows, then nobody can care." Steve Kim, having been at NJMS for 3 years now, showed off his rapping skills with old school '90s songs. Sajid Mirza followed in his footsteps by singing classics such as Camron's "Hey Ma". The most important person of the



night? Hailey Choi. Without her, no one would've been able to work the remote control, which was full of buttons that looked like this: 月 角 月 角

Overall, it was a fun night. Stay tuned for another karaoke night coming up in the near future. I still have nightmares about Misho serenading me with "If I should die before I wake, It's cause you took my breath away... Tell me how you gon' be without me, If you ain't there, I just can't breathe, No air, No air..."



Furka Flay



Bunny Butt Cake

by Natalie Furka

Ingredients:

- 1 box yellow or white cake mix
- Water, vegetable oil and eggs called for on cake mix box
- 1 Tray or cardboard covered with wrapping paper and plastic food wrap or foil
- 1 container vanilla frosting
- Red & Green food color
- 3 cups shredded coconut
- 1 roll berry chewy fruit snack
- Construction paper

Instructions:

Step 1: Heat oven to 325°F. Grease 1 1/2-quart ovenproof

bowl and 3 muffin cups in muffin pan.

Step 2: Make cake batter as directed on box. Pour cake batter in 3 muffin cups, filling two-thirds full. Pour remaining batter into 1 1/2-quart bowl.

Step 3: Bake cupcakes 17 to 21 minutes, bowl 47 to 53 minutes or until toothpick inserted in center comes out clean. Cool completely.

Step 4: Spoon frosting into large bowl. Add red food color to make pink color. Place bowl cake on tray flat side down; spread frosting over cake. Use frosting to adhere cupcakes to bowl cake for feet and bunny tail.

Step 5: Spread remaining frosting over cake. Sprinkle with 2 cups of the coconut. Add 3 drops green food color to 1 cup coconut until evenly tinted. Surround bunny with tinted coconut. Cut 2 large ovals and 6 small circles out of candy. Press onto bottoms of bunny feet.

Step 6: Cut ears from construction paper; wrap ends that will be inserted into cake with plastic food wrap. Insert into cake. Store loosely covered.

"Out-House" Connections

We've spent a good part of the year going over "In-house" attendings and residents, but what happens when they leave the hospital? Here are some recent attending sightings outside of hospital grounds...



Here's Dr. Chang and his 9A crew for a post-hematology/oncology floors dinner. Now this makes it all worth it.

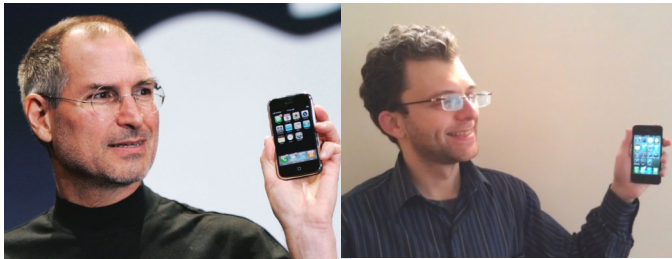
Here's Dr. Cennimo with some die hard Devils fans. Notice how two of them seem oddly familiar...



Here's Dr. Castro with the current and future chiefs celebrating Aleksey's birthday. Happy Birthday!

Techno-Medicology

by Aleksey Tentler



Data Analysis:

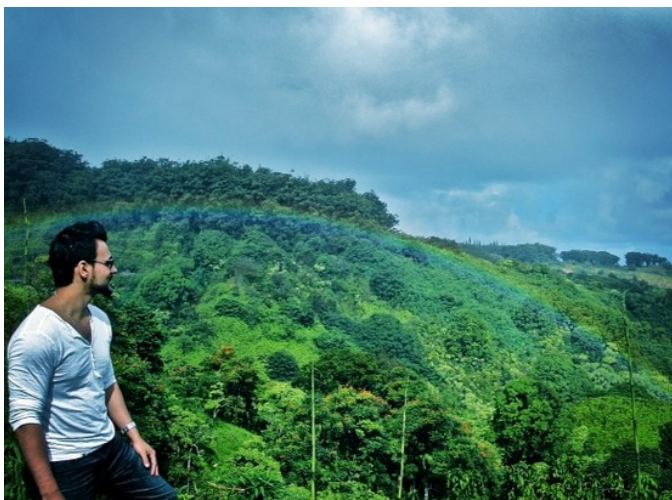
When analyzing data for your research project, it's important to pick useful variables. Picking the right ones early on could save you a lot of time when you get to analyzing the data.

Criteria for "Useful Variables":

- Will this information make a difference? (i.e. if you're analyzing pts w/ DM, do you care what their HIV status is?)
- How specific does the information have to be? (i.e. do you need to know the exact date the pt was intubated or just that they were intubated during the hospital stay?)
- Each column should contain a single piece of information (i.e. if you find yourself writing whole sentences in a single cell, think about how much of the information is superfluous and which pieces of information do you really need to know -- then split up each necessary piece of information into its own column) Sometimes you do need a "comments" column with additional info, but try to minimize its use.
- What type of information is it? (i.e. number, yes/no, category)
- Can you figure out in advance how you will analyze this variable? (i.e. will you get an average? range? counts of occurrence of each category?)

Deep Thoughts

by Umair Ahmad



PMS jokes aren't funny. Period.
They told me I had Type A blood, but it was a Type O.
I diagnosed my patient with cystitis; I told her urine trouble.

Doppelgängers!

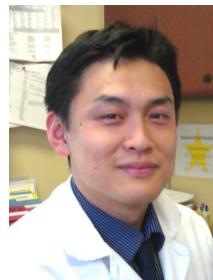
Doppelgängers Part Deux! Back by popular demand, here are a few more sightings of "look-a-likes" around the hospital...



Sunniya Khan shares more than just a pretty face with Sarah Silverman—she shares her lighthearted nature and her good sense of humor as well.



Perhaps our residents are trying a little too hard to emulate their mentors, but then again...they're looking pretty stylish.



No, he doesn't drive a pimped out Honda S2000 or a Kawasaki KLR, but Trent Wang does have the same forehead curl that Rick Yune (that bad guy from "The Fast and the Furious" movie) has.



Let's stop beating around the bush and just put it out there—Jason Zucker is the "mini me" of David Cennimo in more ways than one. We look forward to the Med-Peds ID legacy continuing on.

RCQ brought to you by :

Chief Residents—Umair Ahmad, Jose Churrango, Natalie Furka, Anabella Moharita, Aleksey Tentler, Madiha Tufail, Kristin Wong

Program Director—Neil Kothari

Suggestions?

Please send them to umdnjchiefs@gmail.com



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

Distinguished House Staff Awards

January:

Raffaele Bernardo
Patrick Buczynski
Kathleen Carstens
Rakesh Malhotra
Pavan Patel
Rabail Razi-Akmal
Liz Vassallo-DeLuca

February:

Mubdiul Ali-Imtiaz
Sunil Kanwal
Jean McGee
Jason Zucker

March:

Hadi Bhurgri
Jasneet Gandehok
Nneoma Okoronkwo
Adrian Padkowsky
Uzair Sarmast

Useful Medical Terms

- Artery - "The study of paintings."
- Bacteria - "The back door of the cafeteria."
- Benign - "What you be, after you be eight."
- CAT Scan - "Searching for kitty."
- Dilate - "To live long."
- Enema - "Not your friend."
- Impotence - "Distinguished, well known."
- Morbid - "A higher offer than I bid."
- Secretion - "Hiding something."
- Urine - "Opposite to you're out."
- Varicose - "Near by or close by."

Get to Know the Chiefs

Matching Game

For each correct match you get 1 point. At the end of the year, the person with the most points wins a prize!
(Answers may be used more than once)

Favorite Animal

- | | |
|---------------|----------------------|
| 1. Polar Bear | A. Umair Ahmad |
| 2. Cheetah | B. Jose Churrango |
| 3. Toy Poodle | C. Natalie Furka |
| 4. Horse | D. Anabella Moharita |
| 5. Tortoise | E. Aleksey Tentler |
| 6. Elephant | F. Madiha Tufail |
| | G. Kristin Wong |

Favorite Fruit

- | | |
|------------------|----------------------|
| 1. Pineapple | A. Umair Ahmad |
| 2. Mango | B. Jose Churrango |
| 3. Lychee | C. Natalie Furka |
| 4. Kiwi | D. Anabella Moharita |
| 5. Passion Fruit | E. Aleksey Tentler |
| 6. Grapefruit | F. Madiha Tufail |
| 7. Watermelon | G. Kristin Wong |

Submit answers to the Chief's office with your name by May 1.
Answers to come at the end of the year...

Important Dates

May 16, 2013—Transition Night

May 23, 2013—Research Day

May 27, 2013—Memorial Day



May 30, 2013—American Heart Association 5K

June 3, 2013—Oriscello 5K Run

June 6, 2013—Graduation Day!

June 20, 2013—Welcome New Interns!
Intern Meet & Greet Picnic

July 4, 2013—Independence Day



Questions? Need to talk? Call us!



UH Chiefs

973-972-5584 or 6054

HUMC Chiefs

201-996-2591 or 2592

VA Chiefs

973-676-1000 x1873,
1874, or 2803