

# Resident Connections Quarterly

## Rutgers NJMS Internal Medicine Residency Program

Volume 6, Issue 3

Winter 2014

### Holiday Party

By Rishi Mehta

The annual holiday party, hosted by HackensackUMC Department of Medicine, was held on December 6th. This much anticipated event started off with a phenomenal happy hour. With fantastic top shelf drinks served in massive glasses, really good food ranging from lobster and steak to vegetarian fare, this event was sure to be a hit. The well dressed residents arrived around 7 pm and headed straight for the bar. They ate, drank, and laughed with their co-residents, fellows, attendings, and significant others.

The night continued in the main ballroom where an award ceremony was held for attendings who dedicated their careers to teaching and working at HackensackUMC. Dr. Gardin, Chair of Medicine at HackensackUMC, went out of his way to thank all of the Rutgers NJMS Medicine residents for their fine work, helping to make HackensackUMC one of the best hospitals in the nation.

A speech was given by the chief residents who also thanked all the residents for their hard work. The R Knight Steel Award for Exemplary Teaching to medical residents was given to Dr. Selvaggi for his great contributions to resident morning reports and conferences.

After all the speeches came the drinking and dancing. Foam glow sticks in hand, the party attendees danced the night away. They also crammed into a small photo booth in a clown car-esque fashion. Even without last years pants-ripping fiasco, the party was a huge success. So remember to request the day off for next years party!

*“The secret of getting ahead is getting started.”*

*- Mark Twain*



UH Floor Team B's Holiday Party Transformation...All three made it to work the next day!

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# Trick-or-Treat!

By Abdullah Khan



We're still not exactly sure who was in the bear costume but the kids really seemed to enjoy it!

On a dark and gloomy night, the pediatric patients of the Joseph M. Sanzari Children's Hospital were visited by wicked witches, ghastly ghouls, a suspicious teddy bear, Super Mario, Dr. Evil, and other zany characters.

What started as a simple movie night quickly evolved to an organized community event to allow residents to visit and distribute candy and treats for children unable to Trick-or-Treat on Halloween due to illness or injury. The pediatrics nurses and activity coordinator helped arrange the evening and guided us on our tour of the inpatient service. It was a privilege to see the smiles on the children's faces as they were greeted by the costumed residents.

This was followed by a special showing of the movie *The Conjuring*. As if the movie wasn't scary enough, it was projected to an immense display and two additional TVs so that you couldn't turn your head and hide from the on-screen horror. Every creak, whisper, and bloodcurdling scream permeated the auditory canals with the help of numerous speakers all around the room.

No movie night is complete without food. There was plenty of pizza, drinks, and snacks courtesy of the Department of Medicine at Hackensack University Medical Center.

At the end of the evening, the best costume of the evening award was given to Margaret Duffy. We had a hard time convincing her to accept the doll Annabelle as the prize but she settled for pair of movie tickets.

A good time was had by all. It would be great to see this event become a tradition at Rutgers NJMS!

# Conference Travel Tips

By Narjust Duma



2014 was a conference filled year for our residents. Whether it was CHEST, ID Week, ASCO, or ACG, NJMS Internal Medicine residents had all the major conferences covered. There they presented their own research and case reports, got to network with giants in the respective fields, and of course got to explore a new city.

And as any first author knows, NJMS pays for you to present! That being said, here are a few tips to help navigate the conference financing blah:

1. Submit a Travel Advance form 1-2 months prior to your conference. This form should include an estimate of all expenses that will need reimbursement.
2. Collect and save ALL receipts—including meals, and local transportation. GME needs original copies of these receipts.
3. Once you return submit the Travel Expense form with ALL receipts.

Some other tips:

- Pack Light! (Save on baggage fees which are not reimbursed)
- Expenses should be within reason (ie don't book the Presidential Suite)
- If you plan on having an alcoholic drink or two with dinner ensure that the drinks are on a separate receipt as GME will not reimburse you for alcohol.
- And the most important part, enjoy yourself! Take advantage of the great opportunity of sharing your research with experts in the field and learn from their presentations and experiences.

# “Where Did I Match?”

By Rishi Mehta

Time seemed to have slowed down on the morning of December 3rd. Many of the 3rd year residents and chiefs could be seen pacing, phone in hand, waiting for 12pm, the time they would finally learn their fate in regards to fellowship. All the hard work in residency, extra hours doing research, flights around the country for interviews, boiled down to this singular email that was being sent by the NRMP letting residents know where they would be living for the next 2-4 years and whether or not they would get to be an “- Ologist.”

The chiefs and third year residents all looked slightly anxious that day. There was incessant checking of phones and watches. I was helping out with residency interviews that day. I met with residency candidates, had interesting conversations during the interview and almost seemed to have forgotten about what lay ahead at 12pm. However after the interviews the nervousness set in. I tried to keep myself busy by setting up the lunch for the residency interview candidates. Finally around 11:30 I excused myself from the process and hid in the locker room. I read all of the day’s Facebook posts, the front page articles on Huffington Post— I was sure it had to be close to 12pm but I was wrong, it was only 11:50. I called my wife and time slowed down even more. 11:56, 11:57, 11:58...and that’s when I heard the ding of an incoming email. “Where did you match for the 2013 NRMP Fellowship Match?” read the subject. “Wait, 2013! Did I apply for the wrong match?” These were the first thoughts that rushed through my head. After polling many other residents I found out I was not the only one that had this moment of panic. I scrolled down, line by line. “Congratulations.” As soon as I read that I breathed a sigh of relief. I knew I matched! But now the question was where. I anxiously scrolled down some more. And there it was—I matched into my first choice! The hallways were filled with people smiling, high fives, hugs, and multiple congratulations between residents. Many of the other residents had similar stories— some strategically used a Comp day and stayed home, one resident even presented her MKSAP lecture at noon prior to checking (talk about dedication). As evident from the hallway celebrations and the actual match list it was clearly a great fellowship match year for Rutgers NJMS! See the match list below:

## Allergy and Immunology

C. Cui VA, Los Angeles

S. Kartan Columbia

S. Patel Rutgers NJMS

P. Ricketti Univ South Florida

## Cardiology

S. Mirza Rutgers NJMS

M. Mysliwicz Jefferson

P. Umaphathi Johns Hopkins

## Endocrinology

S. Ibrahim Winthrop

S. Jaggi Drexel

## Gastroenterology

S. Dinneen Rutgers NJMS

J. Ross Univ East Tenn

## Nephrology

M. Duffy U Penn

M. Shah Georgetown

## Hematology/Oncology

A. Gandhi UPMC

A. Khan Univ Florida

G. Nahas Univ Miami

L. Soriano Moffitt—Univ South Florida

## Pulm/Critical Care

D. Khateeb Univ Kentucky

R. Mehta Loyola

## Infectious Disease

M. Aldrich Montefiore

M. Gonzalez Univ South Florida

F. Irani Cleveland Clinic

T. Markou Johns Hopkins

M. Sandling Drexel

J. Zucker Columbia

## Palliative Care

S. Khan MSKCC

## Who’s Who: Anne Sutherland, M.D.

By Rishi Mehta and Abdullah Khan



Dr Anne Sutherland is a new addition to the Rutgers NJMS family. She joined the Division of Pulmonary and Critical Care in 2013 as the new Director of the University Hospital Medical Intensive Care Unit. She has quickly become a favorite amongst residents because of her depth of knowledge, hands-on approach to patient care, and dedication to education and teaching. We here at the RCQ thought it would be only fitting to profile Dr Sutherland and get to know her a little better:

*For those who don’t know you, can you tell us a little bit about yourself (ie where you are from, prior training)?*

I am locally grown. I grew up across the river in New Rochelle, NY, and then went to NYC for college at Columbia, and never left. I went to Med School at NYMC in Valhalla, NY and then did Internal Medicine and PCCM training at Mount Sinai in New York. My job prior to this one was as the Associate ICU Director at St. Barnabas Hospital in the Bronx. My unit was the only one in the hospital so we took care of all critically ill patients in the hospital, including surgical, cardiac, neurological, trauma, and of course Medicine. We didn’t have any critical care fellows there, but they do have a full Internal Medicine Residency, so I am very used to working with residents.

*What made you choose NJMS?*

I was looking for a job in a larger academic environment, where there would be lots of opportunity to teach, do research and to continue to practice medicine with an underserved population.

*Continued on page 4*

Continued from page 3

***What are the greatest challenges you face directing a MICU in Newark?***

I don't know how many of the challenges are unique to running an ICU in Newark, or are simply challenges in taking care of critically ill patients. In an ICU, patient's medical needs are very complex. That complexity is frequently matched by the complicated social and emotional needs of a patient and their family. Many times when a critically ill patient is in the ICU, their entire family is in the ICU as well, if not physically, then certainly emotionally. What makes it more difficult with an underserved population, such as ours, is that many patients haven't had access to routine medical care prior to getting here. Many patients present very late in their disease, and patients and families don't have as much time to get used to the ideas of their illness.

***How would you describe your management style?***

I see running an ICU as similar to managing a small village, with an ever-changing influx of visitors. There are so many people that are needed to run an ICU well, from the Fellows, Residents and Nurses, to the Respiratory Technicians, Pharmacists, PT and Nutritionists. We all need to be respectful of the roles that everyone has to play to make sure that we deliver the highest quality, most compassionate care to our patients.

**“I see running an ICU as similar to managing a small village...”**

***What do you like to do when not saving lives in the ICU?***

I live with my husband and 2 sons in NYC. When we get the chance, we like to go on long bike rides, cook together and play board games.

***What advice would you give to the nervous interns and new seniors who are about to rotate through the MICU?***

Being in the ICU is one of the most intense experiences of being a resident, and it is going to be challenging. While many interns know that the medicine is difficult, I don't think that many realize how emotionally difficult it is to be in the unit before starting. When dealing with difficult emotional situations, it is appropriate to acknowledge your own feelings. If you don't take time for some self-care, it is going to adversely affect your patient-care. Also, ask for help! The Nurses, Fellows, Attending and Respiratory Therapists all have experience, and will help you. Our Pharm D, Nishat Farqui, is also a great resource.

***Where have you travelled recently/where would you like to travel?***

I don't do as much traveling as I would like to. Most of our travels are fairly local, to the beach and camping in the Catskills. Now that my children are getting older, and would be able to appreciate bigger trips, I hope to do some more exciting vacations. I have always wanted to go on a Safari in Africa.

## Who's Who: Genevieve Streb, M.D.



I was born on April 4<sup>th</sup> 1988, and share my birthday with a few other famous people including: Maya Angelou, Health Ledger, and non other than Iron Man himself, Robert Downey Jr. I grew up mainly in the Midwest, and am one of three siblings. My brother, Joseph, is working as a Petroleum engineer in Oklahoma, and my sister, Caroline, is a freshman in high school. My family moved to the east coast when I was in high school, and it was quite a change from the flat plains of Kansas. However, in time, it became home.

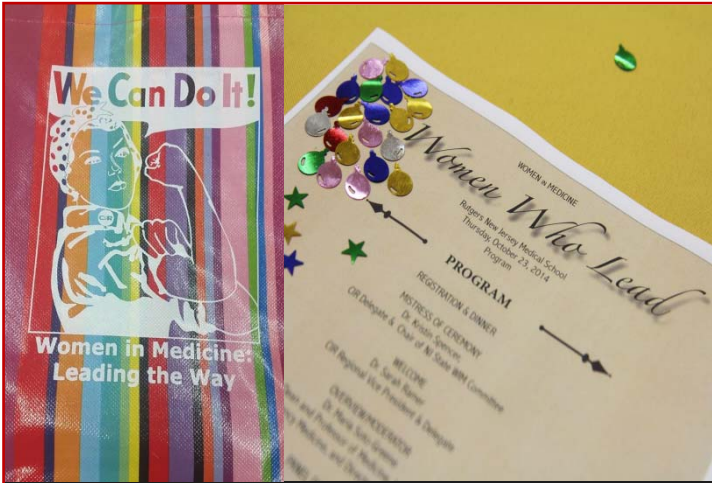
My father, born in Wisconsin, is an avid outdoorsmen. He brought my brother and I backpacking, canoeing, caving, and camping almost once a month growing up (my mother refused to sleep on the ground). It is because of my father that one of my favorite pastimes is adventuring outdoors. Lucky for me, my husband is open to trying anything, and in our spare time we have found some of our favorite hiking spots in PA and NY.

I met my husband, Stratton, through a good friend during medical school. We were married this past April, near my parents' home in Pennsylvania. I was fortunate enough to marry into a very large, loving, and loud Greek family; for those that wonder, the answer is yes, it is exactly like the movie, “My Big Fat Greek Wedding”.

My education began at Penn State, and continued at Drexel University for medical school. Thus far, the residency program here at Rutgers has been everything I hoped it would be; the structure of the program has forced me to learn outside of my comfort zone, and the educators have created an environment where I can succeed. Furthermore, my co-interns are turning into close friends, and the senior residents have not only been terrific teachers, but have also been very sympathetic to the growing pains of an Intern.

Some fun facts people might not know about me are: I started to play the harp at age 10, I hate tomatoes and olives, I love old western movies, and I could eat Thai food every day.





Gift bags and flowers were given out to lecture attendees. The program pictured above featured speeches by "Women Who Lead".

# Women in Medicine

by Sarah Ramer and Narjust Duma

On October 23, the Committee of Interns and Residents held its inaugural northern New Jersey event in the Women in Medicine (WiM) series. In response to pervasive earnings and promotion inequalities and lingering discrimination faced by women in medicine, in the past few years CIR members around the country have mobilized to provide a forum to address issues faced by women in the medical workplace, develop strategies to combat inequalities and discrimination, and build mentorships between more and less experienced women in medicine.

New Jersey Medical School residents were up-front for WiM's first foray into their part of the state. With co-sponsorship and generous support from the NJMS Office of the Vice Dean, headed by Dr. Maria Soto-Greene, CIR hosted a dinner that drew 60-70 faculty, fellows, and residents, mostly but not entirely from NJMS, to the MSB Grand Foyer. There the attendees dined on catered food while listening to speakers and participating in roundtables on specific topics. The Department of Medicine was very well-represented in the list of speakers and roundtable leaders. Dr. Christine Gerula was one of two panelists discussing how she built her career, while Drs. Kristin Wong, Ana Natale-Pereira, and Lisa Dever facilitated roundtable discussions on issues such as contract negotiation, leadership development, and work-life balance.

At the end of the evening, attendees went home feeling energized from having spent time with so many like-minded medical women. Though the next New Jersey event in the WiM series isn't yet scheduled, everyone who went to the first one is looking forward to it and planning to bring a few friends, too.

For More Information regarding the Women In Medicine Program, visit: <http://www.cirseiu.org/what-we-do/advocacy/women-in-medicine/>.



Residents and attendings sat together discussing issues that affect women in medicine.

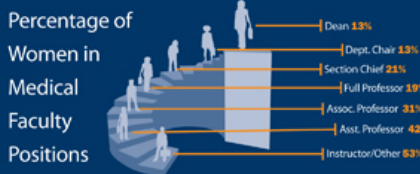
## Women in Medicine BY THE NUMBERS

In 2012, women were:

- 48.3% of all U.S. medical graduates
- 45.4% of all residents and fellows in the U.S.
- 34.3% of all US physicians and surgeons

38.5% of female physicians were women of color.

10 Specialities with more than 5,000 female physicians



Source: [www.catalyst.org/knowledge/women-medicine](http://www.catalyst.org/knowledge/women-medicine)

# Resident Challenge Bowl

By Abdullah Khan and Rishi Mehta

Congratulations to John Kern, Daniel Matassa, Margaret Mysliwiec, and Sima Patel for their selection to the NJMS Internal Medicine Resident Challenge Bowl team! Our team will be competing against residents from Atlanticare Regional, St. Peter's, and Monmouth in their preliminary round. Other contesting programs include Hackensack-UMC Mountainside, Overlook, Seton Hall, Capitol Health, Morristown, Rutgers RWJ, Newark Beth Israel, Jersey City, Jersey Shore University, St. Frances, Cooper, and St. Barnabas. It will take place at the Robert Wood Johnson Medical School in the Clinical Academic Building in February. There are a total of 4 preliminary rounds and the winning team from each round proceeds to the finals on Friday, March 6 in conjunction with the American College of Physicians—New Jersey annual scientific meeting.

The competition's going to be tough so everyone is welcome to attend and cheer on their favorite residents. Good luck team NJMS!



# Ode to NJMS DOM Luncheon

by Theodore Markou

'Twas a week before Christmas,  
And all through the floor,  
Residents and faculty gathered;  
A celebration for the patients we so meticulously care for,

The H-yellow conference room,  
Styled with festive cheer,  
Food and aroma filled the ward,  
It must be that time of year,

Its the annual holiday party,  
An event surely you can't miss,  
The Italian catering from last year's interview trail,  
Oh my! I am surely in a state of bliss,

Dr. Klapholz led the story telling,  
Cracking jokes at every chance,  
The only thing missing?

No music... for Teddy to split his pants.....

## Shuchie's Vegetarian Treats: Sweet and Savory Stuffed Biscuits

by Shuchie Jaggi (whynotspicy.blogspot.com)

### Ingredients:

- Pillsbury Pre-cut Biscuits
- 10 Fresh Basil Leaves
- 4 Teaspoons of Blackberry Jam
- 6 Baby Bella Mushrooms (Chopped and Sauteed)
- 4 ounces of Brie



Preheat the oven to 375 degrees, Roll out the biscuit dough until they are 1/2 inch deep.

Spread the blackberry jam (1 Teaspoon per dough). Place an ounce of brie, fresh basil, and the sautéed mushrooms in each biscuit.

Grab the ends of the dough and bring them together. Pinch the top ends together.

This is what the final dough should look like. Place in the oven for 14 -16 minutes until golden brown.



Fed residents are happy residents!



## RCQ brought to you by:

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**Program Director:** Dr. Neil Kothari

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[http://njms.rutgers.edu/departments/medicine/internal\\_medicine/](http://njms.rutgers.edu/departments/medicine/internal_medicine/)



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

## Housestaff Awards



### September

Rachael Shapiro  
Patrick Mitchell  
Jacqueline Burnell  
Elaine Zhai  
Luvkarnjit Singh  
Tasnim Imran

### October

Njambi Mathenge  
Leia Rispoli  
Xiaobing Wang  
Frank Wang  
Mohleen Kang  
Kathleen Carstens

### November

Malorie Meshkati  
Shijia Zhang  
Sobia Nizami  
Monali Patel  
Christopher Estiverne  
Jill Deutsch  
Enoc Fernandez

### December

Tanzila Razzaki  
Xiaobing Wang  
Jacqueline Burnell  
Rachael Shapiro  
Gustavo Churrango  
Jaimie Mittal  
Frank Wang  
Richard May



## NEJM Image Challenge

This patient has an increased risk of what disease?



Coronary Artery Disease—Franks Sign: Diagonal crease that runs backwards from tragus. It is thought to be a sign of premature aging and increased risk of CAD.

## Events/Announcements

### Farewell Dr Srinivasan and Dr Oriscello

From all the residents at Rutgers NJMS Internal Medicine, we want to thank Drs Srinivasan and Oriscello for all they have done for us, our program, and the patients they serve. They have both served as models of the type of physicians we should all aspire to be when we grow up. Though



they will surely be missed, we want to wish them both the best of luck—Dr Srinivasan on his new career and Dr Oriscello on retiring. More importantly, we are looking forward to when they come back and visit their NJMS family.



### Dr. Michaud is our new VA Associate PD

We are very happy to hear that Dr. Michaud has been named the new VA Associate Program Director. It may come as a surprise to some that she was one of the Chief Medical Residents at UH in 2007-2008 before going on to pursue her nephrology fellowship. Her other roles in the program have been Associate Clerkship Director and chair of the Clinical Competency Committee. Congratulations Dr. Michaud!



## Questions? Need to talk? Call



UH

973-972-5584 or 6054

HUMC

551-996-2591 or 2592

VA

973-676-1000

x1873, 1874, or 2803