

Resident Connections Quarterly

Rutgers NJMS Internal Medicine Residency Program

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Career Night By Natalie Cedeno

Residents and attendings from all sub-specialties gathered last week for the program's annual Career Night on April 26, 2017. It began with a catered dinner and an introduction by our program director, Dr. Mirela Feurdean. For the next hour, residents had the opportunity to discuss the process of fellowship applications, interview preparation, and resume building with program directors and faculty from Gastroenterology, Pulmonary/Critical Care, Cardiology, Nephrology, Infectious Disease, Allergy/Immunology, Geriatrics, Hospitalist medicine, and Endocrinology. Residents were also provided with a packet containing valuable information regarding the ERAS application timeline, a sample CV, common interview questions for fellowship and private practice jobs, and tips on navigating the job market.

Following the panel discussion, residents dispersed into small group sessions to become personally acquainted with the attendings based on their particular area of interest. At that time, residents were able to ask more specific questions of program directors regarding unique requirements and preferences of their given sub-specialty.

The event was well received, as all participating residents agreed that the information provided will help them improve on their applications and future job prospects. For those who were unable to attend the event, the information packet in its entirety was made available via email. Thank you to all the attendings, Dr. Feurdean, and chief residents who were able to make this year's event a success! We look forward to seeing you next year!

"If you want to be happy, be!"
- Leo Tolstoy



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ACP Challenge Bowl: A Comedic Review

By Natalija Odanovic

What is the name for a preexcitation syndrome with a short PR interval and normal QRS duration? What are the major criteria for hypocomplementemic urticarial vasculitis? What genotype is associated with the skin findings seen in the image (SJS/TEN rash) after carbamazepine use? These are just some of the questions that I learned the answer to one night in January of 2017 at the ACP Challenge Bowl - NJ chapter. If you read to the very end, you will find out the answers. If you don't read to the very end, you will not be able to sleep at night wondering what the answers are. There is no preparation that can help you avoid surprises at Challenge Bowl. You will be stunned by both by how much you know (all that Step 1 knowledge resurfaces out of nowhere) and by how much you don't know (hmmm...I have never heard of hypocomplementemic urticarial vasculitis, let alone the specific criteria for it).

Five teams (3 residents per team) from 5 residency programs in NJ came to the first session of the competition. Our team was represented Ahmad Al Turk, Jason Conway and myself. Careful observation of other teams during the competition led me to conclude that (at least in New Jersey) Challenge Bowl contenders agglutinate in certain patterns:

The Old Guy Team: There is one middle-aged gentleman on that team, you find out he is the intern. Now you're scared because you think he probably knows everything in medicine there is to know (assuming he spent all those years prior to middle age studying), and their team will win for sure.

The Indecisive Team: These guys spend the entire 300 seconds of answer time discussing the question and whispering among themselves. They write down their answer in the first 30 seconds (it would have been 15 seconds if Al Turk had not tried to write it first, but his handwriting looked more like Arabic - what a surprise - and was absolutely illegible). These guys wait to the very end of answer time debating, writing, erasing, writing again and finally, when it comes time to flip the board over, theirs says "PASS."

The Chief Resident Team: This team does what their Chief Resident (who is on the team) says. Nobody complains, everyone nods when the Chief is talking. Now that is what I call authority.

The Aggressive Team: These guys are not happy with the ruling. Though everybody tries to be fair, it sometimes happens that an answer is not accepted as correct due to a "slight" deviation from the correct answer. This team complains. In the next question, they bring up the complaint from the previous question, and Challenge Bowl starts looking like Super Bowl. Just as you think the room will explode, everything settles down and the competition proceeds in the good spirit of medicine.

The Tactical Team: These guys know the Challenge Bowl is tough. They answer only 4 questions out of 29, but they make sure they know the answer. Of the remaining 25 questions, they pass them all. Ultimately, they win!

The One Wise Man and Two Adrenaline Junkies Team: This is the opposite of the tactical team. The wise man suggests they pass, the 2 adrenaline junkies think they know the answer, but more than anything they like to gamble and would not pass this chance. They always provide an answer, sometimes correct, sometimes wrong. At the end of the game they have dilated pupils and 0 points. The wise man shakes his head.

The Home Team: Local or not, these guys have all the support in the room. When they answer a question correctly, the audience cheers "Touchdown!" One time, a supporter of the "tactical team" tried cheering for his team. That is the last time he was seen.

The Cardiology Team: These guys care about the heart and the heart alone. They know everything about it, so they know that the preexcitation syndrome with short PR interval and normal QRS duration is called Lown-Ganong-Levine. Sadly, there was only one cardiology question in the entire Challenge Bowl. Better luck next year!

The Lucky Team: If you don't know, you can always guess. You are not just guessing, you are guessing in an educated way. You've read millions of pages of medical books, so even if you don't really know the major criteria for hypocomplementemic urticarial vasculitis, you can guess that it will require 1) hypocomplementemia and 2) urticaria. Now you need to spice it up and specify duration of urticaria. Six months sounds very reasonable...You are right!!!

The Know-it-All Team: They do know it. All. So, the HLA-B*1502 will cause you to break out in a SJS/TEN rash if you get prescribed carbamazepine. They hold the most points until final jeopardy. Then, in final jeopardy, they decide not to gamble and to invest only 10% of their points in the jeopardy question. The know-it-all team knows the answer, but, alas, the tactical team invested all of their points, knows the answer and wins!

Although we did not win, we left the Challenge Bowl excited and enriched!

We cannot wait for the next year's Challenge Bowl!

Who's Who: Sarah T. Jewell



Sarah Jewell, whom all the residents know very well from morning reports at University Hospital, is the clinical medical librarian for Internal Medicine at Rutgers. When she started working at the Smith Library at Rutgers in February 2015, it was actually a return to Rutgers for her, as she had earned her Master's in Library Science from Rutgers in 2005. As an undergraduate biology major at The College of New Jersey, she participated in genetics research at Novartis Pharmaceuticals and Carnegie Mellon University, but she soon realized that she loved "the thrill of the hunt," or finding medical information more than working with cells in the lab.

Before returning to Rutgers, Sarah worked in the medical library at the Memorial Sloan Kettering Cancer Center in New York City for 7 years. There, she worked closely with the Critical Care Department, attending their M&M meetings and also helping to design and launch a program to enhance clinician-patient communication with iPads. Before that, Sarah worked at the Science, Industry and Business Library (part of the New York Public Library) for 3 years.

Sarah is pleased to report that she recently co-edited a text on systematic reviews that was published by Rowman & Littlefield titled "Assembling the Pieces of a Systematic Review." She is happy to help anyone at Rutgers who is interested in conducting a systematic review.

In her free time, Sarah runs a poetry workshop in Jersey City on Saturdays, and has recently published a poetry book titled "How to Break Your Own Heart." She's shared one of her poems, "A Prayer for Provenance," with us below. She practices Buddhist meditation and also tutors Eritrean refugees in English. Best of all, she is the proud aunt of Ryan Curry, who was born February 23, 2017 (pictured below).

We are grateful to have Sarah as a valuable contributor to our morning reports by helping us apply evidence based medicine to our everyday clinical practice. Her expertise and dedication to working with the residents truly enriches the academic environment in our program. If you ever need help with a research question or literature review, be sure to find Sarah or send her an email, she'll be glad to assist!

A Prayer for Provenance

By Sarah T. Jewell

May I ask where we all stem from,
how a fish becomes a finch,
why the whale has been forgotten?

I kneel in remembrance
of the dodo, the sea mink,
the amaranth of Galapagos.

My mask retreats in three parts,
the unforming of a face.
My eyes open underneath.

My thumbs press ridges
into Urim and Thummim,
fossil evidence of what was foretold.

May I have the patience to discover you
as I would dust off a dinosaur bone:
a slow erosion toward truth.



Who's Who: Dr. Piyumika de Silva

I was born and raised in the beautiful island of Sri Lanka. Medicine was a way of life at our household given that both my parents were physicians. I have fond memories of spending my weekends traveling to different areas of the country with my parents to conduct free clinics in remote villages. I used to zoom around handing out numbers to patients waiting in line, dispensing medicine and helping patients navigate the clinic. Given my background, everyone around me thought that I was destined to become a physician. But I had other plans. At school I was heavily involved in student council, debating and Model United Nations, which sparked my interest in pursuing a career in diplomacy and international relations. I was focused on paving my career path when one day I felt conflicted about whether I could truly make a difference in the lives of people by conversing in diplomatic jargon while sitting in a conference room, disconnected from them. This is when I realized that I'd rather be engaged and involved in the lives of people, making a difference in the life of one person at a time just like my parents did at those free clinics I used to spend my weekends at. It was only then that I joined everyone around me in believing that I was destined to become a physician.

I originally started medical school in Sri Lanka and I loved every moment of it! Almost three years into my training, I received the unfortunate news that my school may close down given resistance to new educational reforms. Even though this turn of events took a toll on me, I decided that I was not going to become a casualty of bureaucracy. I became determined to find other means of continuing my education and this is when St. George's University came to my rescue by offering me a chance to continue my medical education, marking my venture to the United States.

My internal medicine clerkship inaugurated my clinical rotations in the US. The US health system contrasted heavily from the Sri Lankan health system that I was used to. As I learned to navigate my new unfamiliar surroundings, I found a safe haven of familiarity in Internal Medicine. I found fulfillment in the intellectual and interpersonal challenges of day to day ward work and knew that this was the specialty for me!

Rutgers NJMS was my first choice for Internal Medicine residency training. What appealed to me most about the program was the opportunity to work at three different hospitals, serving three unique patient populations. In addition to this, I loved the diversity of the residents and the collegial atmosphere within the program. In retrospect, I know that I made the right choice!



Sawasdee Kha from Thailand By Mohleen Kang

Thailand: The land of really good food made even more famous by the movie Beach! I spent my spring vacation there with my sister and my friend of over 20 years, right around Songkran, Thai New Year, which made the trip even more exciting.

Even though the thermometer hit sweltering temps the entire time we were there, it did not stop us from having a great time or even eating all the spicy food. Besides eating absolutely delicious food and drinking as much coconut water as we possibly could, we did do a bit of sightseeing. In Bangkok, we visited the Grand Palace and the Buddha temples, did high tea at the Mandarin Hotel and obviously got the authentic Thai massages... from blind women. Because when in Bangkok, do something weird – I'm pretty sure that's how the saying goes!



Though Bangkok was great, the island life is what I live for! We visited the gorgeous tropical island of Koh Samui. The cool and clear blue water was exactly what I needed after the heat of the city and the stress of chief year life! I spent days lounging on the beach and doing what I do best: reading. I summoned some energy to go to the Spa for 4 arduously long hours, where I was tortured with everything from a massage to a milk bath. Oh, the hard life!

All in all, it was an amazing trip, and I am hoping to go back in the near future.

Euro Trip! By Aداوگو Ike

My fiancé and I decided that March 2017 was the perfect time for our yearly vacation and we both knew that Rome would be the perfect getaway to spend quality time. As soon as we landed, the first sight we had to visit was the Colosseum, where we toured the arena and learned about the historical background of the site. Right next to the Colosseum was the Roman Forum, which once served as the heart of the city and is now ruins of previous government buildings. On a different day, we went to visit The Spanish Steps, which once connected the Spanish and French territories of Rome. I have to say the shopping there is AMAZING. Near that area is the Trevi Fountain, one of Italy's most grand and beautiful sights. There is a saying that if one is to toss a coin into the fountain, then he or she will definitely return to Rome. Of course, we did! Along with many of the sights of Rome, the food was incredible. If you are one who, for some reason, does not enjoy fresh pasta, bread, pastries and a lot of cheese, Rome is not the place for you. So basically this trip consisted of a lot of touring, shopping and eating, to say the least. On our way back, we stopped in London for a night. There we got to see the famous Tower Bridge, which is one of London's most famous bridges. Overall, the trip was amazing and I cannot wait to return to Europe!



Bundles of Joy at NJMS!

A heartfelt congratulations to all of our mommies and daddies this year and best wishes to all of the moms- and dads-to-be!



2017-2018 In House Connections...



Daniel Matassa
Associate Program Director



Monali Patel
Cardiology



Kalpesh Patel
Gastroenterology



Igor Eyzner
Hospitalist



Renjit Thomas
Cardiology



Daniel Pievsky
Gastroenterology

Culinary Corner By Jill Deutsch

Chocolate Almond Date Balls (the perfect energy packed snack for those long study hours)

2 cups dates, pitted and soaked

1 cup ground almonds

1/2 cup chocolate chips

1/2 cup unsweetened, shredded coconut

Coconut flour (for rolling)



Directions:

1. Soak dates in warm water for 5-10 minutes.
2. In a food processor, blend almonds, chocolate chips, and shredded coconut together.
3. Squeeze water out of dates, leaving enough moisture in the dates to remain sticky,
4. Add dates to food processor and blend until all ingredients mixed.
5. Scoop 1 tbsp. of mixture to roll 1-inch balls in coconut flour and refrigerate for freshness.

Enjoy!

A Farewell from Your Chiefs

As our chiefdom nears its end, we want to say thank you to all of our residents for a truly wonderful year. We're grateful for the opportunity to have learned so much from all of you (and we hope that you've learned from us in turn). As we move on in our careers, we'd like to share with you some of the important lessons we've learned throughout residency and hope that these lessons might resonate with you as you continue residency, fellowship, and beyond. We wish everyone the greatest success in your future careers and don't be strangers, keep in touch with the best group of chiefs you've ever known! :)

It's alright to be wrong and make mistakes, but it's important to take responsibility for your actions and do your best to correct them. You are in training and things will happen. Make sure that you know when things go wrong that you can reach out to your colleagues and others for help. Residency is not easy, nor should it be. But know that these three years have put you well on the path to being a great doctor. Take pride in your training, where you came from, and how you got to where you are now. --Joe

Treat each other well and treat your patients better. --Chris

Discuss your patients in detail with your team and consult attendings. It's the best way to learn along with reading relevant literature (not just UptoDate). Attendings can point out subtle details that you may have missed in the history, physical exam and tests, and, more importantly, you'll learn about their thought process and the way they approach diagnosis and management decisions. Be curious and excited when you see patients with even seemingly common medical diagnoses; there is always more to learn! It's very easy in residency to become jaded but try hard not to lose that first day of internship the excitement of being a real doctor! --Mohleen

Live in the moment. Learn as much as you can during residency, especially the skills needed to be the best internist you can be. One of the biggest skills to assist you in residency and beyond is actively listening to your patients and their families. Keep smiling! You will have stressful days but remember the big picture to help you get through those days (and also use the Wellness exercises, Balint group exercises and narrative medicine workshops to help with those times).--Priya

Listen to your patients. They are the greatest source of knowledge you will receive. Trust them; you cannot know their pain or suffering. Don't assume anything about your patients, or what someone else tells you about them. Speak to your patients compassionately. Never ignore them or their needs. Visiting someone, if only to hold their hand, may be more important than finding the best medicine for their disease. Be grateful for each patient and what they have taught you. --Jill

One of the greatest things you should learn during your training is the skill of anticipation. No amount of "book knowledge" or empathy is as critical to your practice as the idea of anticipating what may go wrong (or go well) with your patients in the near future. Have a plan ready for when things don't go as planned, keep your patients informed of potential barriers in their management plans. Developing foresight in your medical practice does not come easy and can't be learned from any one teacher, but it will make you a better doctor and may save some lives in the process. --Dan

Always be honest. Be honest with yourself; there will be times you don't know the answer, don't be embarrassed or scared, rather embrace it and take the opportunity to learn. Be honest with your colleagues. Most importantly, be honest with your patients; don't forget that you often meet your patients at the most vulnerable times in their lives, both physically and emotionally. Be real with them, talk to them, explain what you are doing and why. You'll find that honesty and understanding create trust, which will allow you to build a bond with your patients that is truly rewarding. --Larysa



RCQ Brought To You By:

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http://njms.rutgers.edu/departments/medicine/internal_medicine/



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

Housestaff Awards

Congratulations!

FEBRUARY Interns:

David Convissar
Piyumika de Silva
Adaugo Ike

Seniors:

Brittany Gladney
Vivek Joseph
Eman Rashed

MARCH Interns:

Sarah Ahmad
Shiv Patel
Everest Seci

Seniors:

Hussam Eltoukhy
Natalija Odanovic
Evan Orosz

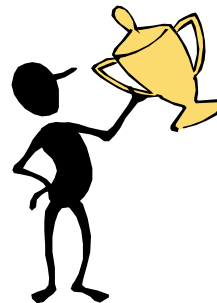
Highest Quiz Scores:

FEBRUARY

Ayush Arora
Faiz Afridi
Monali Patel
Elena Dolmatova

MARCH

Ayush Arora
Rastko Rakocevic



NEJM Image Challenge



What is the name for this finding that is reducible on physical exam?

- A. Heberden's nodes
- B. Rheumatoid nodules
- C. Jaccoud's arthropathy
- D. Pseudogout tophi
- E. Erosive arthropathy of rheumatoid arthritis

Answer: C

Announcements:

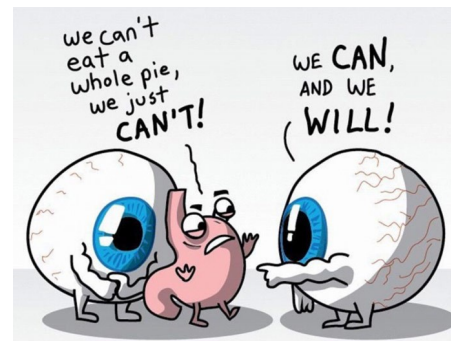
Congratulations to our March Madness Winners, Drs. Patrick Mitchell, Shijia Zhang, Kalpesh Patel, Elizabeth Tam, and Akhtar Amin!

Research Day: May 25th

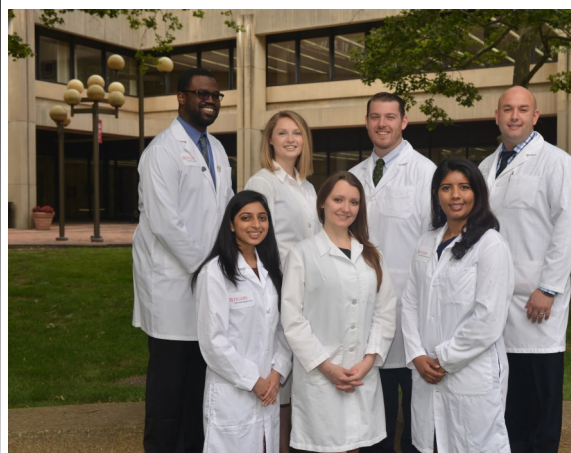
Memorial Day: May 29th

Graduation Day: June 8th

Intern Meet and Greet: June 22nd



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

