

Resident Connections Quarterly

Rutgers NJMS Internal Medicine Residency Program

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Fall 2015

Procedure Night

By Jill Deutsch

On a Thursday evening at the end of September, the newly minted doctors in the Internal Medicine Residency Program at Rutgers University joined their chiefs and future chief residents for our Annual Procedure Night. While the senior residents reminisced about their memories from procedure nights past, the interns chattered nervously about techniques they had just watched in a New England Journal of Medicine video. Finally with their bellies full of Panera sandwiches and cookies, and with a few words of encouragement from our own VA attendings Dr. Sullivan and Dr. Sender, the interns were ready to dive in. The fully equipped simulation center at the East Orange VA was teeming with residents eager to learn and teach others. From triple lumen catheters to intubation and lumbar punctures, the most common procedures encountered among our residents were demonstrated and then mastered by members of the intern class.

“Wherever the art of Medicine is loved, there is also a love of Humanity.”

~ Hippocrates

The husband and wife duo, Elena Dolmatova and Kasra Moazzami gave each other pointers (and sparked a healthy competition over who could get into the epidural space faster) at the lumbar puncture station. Mohleen Kang was very impressed with the ultrasound machine at the TLC station. Pretty soon, all of her trainees visualized the IJ and accessed the vein on their very first attempt! Future gastroenterology fellows and current UH chiefs Nneoma Okoronkwo and Pavan Patel demonstrated how to master the “Z” technique at the paracentesis station. The budding anesthesiologists flocked to John Kern’s intubation station, where I am confident that epic tales of lives saved were shared while hovering around a compromised airway. With the evening winding down, everyone made a final scramble to see the stations they had missed in hopes of fulfilling at least some New Innovations procedure logs. And with that, another successful procedure night wrapped up with new techniques learned for a big year to come. Thanks to all the participants and station instructors for a great turnout and a fun event!



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Fall Fellowship Night by Aileen Tlamsa



The fellowship application process is a daunting one. We hem and haw throughout medical school to find that particular specialty that we are passionate about, ultimately choosing a residency that we are best suited for. By the time residency is in full swing, the swirling thoughts of career paths begin to multiply exponentially. Should a resident choose to subspecialize, the planning may begin in intern year, perhaps earlier! Luckily, there are plentiful Rutgers NJMS graduates who are currently fellows at our institution, representing a wide variety of fields. As they have all endured this long and rigorous process seemingly yesterday, they are an excellent source of knowledge and advice for both the intern starting his or her internal medicine journey, or for the second and third years who have a more delineated career trajectory and goal.

Organized by none other than the stellar UH Chiefs Nneoma Okoronkwo and Pavan Patel, September 16th marked the first annual Fall Fellowship Night at Rutgers NJMS. The night began with dinner and general introductions to both the subspecialties as well as the fellowship application process. Questions were asked of the esteemed panel of fellows in fields ranging from cardiology, gastroenterology, infectious diseases, critical care, endocrinology, nephrology, to allergy and immunology. All participants then broke out into small group sessions, where the eager residents could experience a more intimate Q&A session with the fellow in their particular field of interest. Fellows are typically the best source of information on the realities of fellowship, and this night was no exception. Our NJMS graduates, some former chief residents at our program, were more than happy to share their trials and tribulations, as well as their passion for their chosen specialty. Advice on the planning for fellowship was particularly emphasized. A chronological timeline was discussed at many of the small group tables, discussing when to find a mentor, when to devise a research project, and how to get your abstracts published or presented at national meetings.

All in all, the night was a success. The residents and chief residents alike greatly appreciated the time and dedication that our fellows have given us time and time again. The hard work during residency pays off when you match in your desired fellowship program. Our fellows will attest to that! And now our fellowship bound residents are off to the races...finding mentors and writing up IRBs for research projects. Best of luck to everyone about to embark upon the fellowship journey!



HackensackUMC Board Review by Hack Chiefs

When talk of the Internal Medicine Boards is in the air, there can be an unwhinging unease sensed among both the 3rd year resident and tenured faculty member alike. What can we do to assuage this beast of an exam? A board review, of course (no pun intended)!

Directed and championed by Dr. Thomas Salazer, Chief of the Division of Nephrology, the HackensackUMC Board Review Course is a wonderful opportunity to refresh the memory on those rashes that you hadn't seen since medical school or those delta-delta equations that you never quite mastered. The 7th annual review course commenced this year, telecast to our multiple affiliated locations, and provided an excellent preparatory curriculum.

The course spans from late August to early October, covering 25 topics led by 31 different specialists. The high yield material presented is often seen on the exams, making this truly an effective asset to either certification or recertification studies. Catered by the incomparable Personal Touch Catering, the food is an added bonus to the stellar course material. For those of us looking to freshen up or solidify high yield topics, the course provides a convenient and fun learning opportunity.





Who's Who: Dr. Nikolaos Pyrsopoulos

By Aileen Tlamsa

For the better part of the last twenty years, University Hospital has been a mecca for those seeking excellent care in hepatology, gastroenterology, and transplant surgery. When Dr. Nikolaos Pyrsopoulos made the decision to join the faculty of Rutgers NJMS at University Hospital in 2013, there was no doubt that the Division of Gastroenterology and Transplant Hepatology would flourish at our institution.

Dr. Pyrsopoulos was born in the magnificent and historic city of Athens, Greece. There he was raised, educated, and ultimately trained in medicine. He earned his MD and PhD at the University of Athens, with a focus on experimental models of fulminant hepatic failure. His inspiration to become a medical doctor was ultimately to help people. He was influenced heavily by his mentor, who was the president of

the Hellenic Association for the Study of Liver Disease. He gained a passion for learning and understanding about liver disease mechanisms. He completed residency at Sismanogleio General Hospital in Athens and later fellowship at the University of Miami School of Medicine. In addition to his MD and PhD, he also completed his MBA at the University of Miami.

What is Dr. Pyrsopoulos' favorite part about being a doctor? To him, his interaction with his patients is paramount. Liver patients are notorious for being quite ill, and when the liver fails there is no replacement system, as with hemodialysis in the renal counterpart. "These patients deserve a second chance," Dr. Pyrsopoulos says with a smile, and transplantation is just that for many patients with end stage liver disease. He recalls a formative event in his training, when a 38 year old patient with primary biliary cirrhosis died in his hands. There were no transplants performed at the University of Athens at that time. This career changing experience was a wake up call for Dr. Pyrsopoulos, propelling him to ultimately pursue a career in transplant hepatology.

Multidisciplinary patient care is the cornerstone of transplant hepatology, and Dr. Pyrsopoulos believes this is the key to transplantation success and patient survival. With an efficient team of hepatologists, surgeons, nurses, social workers, physician assistants, coordinators, and nutritionists, organs will reach their maximum potential for survival.

The challenges to the field of transplant hepatology, as anticipated, lie mostly in graft availability. Currently there are over 16,000 patients on the liver transplant list in the United States, and only 6,000 will be transplanted. Nonetheless, Dr. Pyrsopoulos has participated in the marked increase of patients transplanted at the University Hospital. Upon his arrival in 2013, there were thirty-two patients transplanted, and by academic year 2015 there were forty-nine. The excellent success rate of these transplanted patients, Dr. Pyrsopoulos notes, is largely due to the aforementioned multidisciplinary efforts, making University Hospital one of the premiere liver transplant centers in the Northeast. With exponential advances in Hepatitis C treatment with DAAs, the landscape of liver disease and transplantation is sure to change. He is currently working on several clinical trials involving antivirals in HCV and HBV, as well as a phase II trial looking at antifibrotics and liver regeneration in cirrhotics.

With all of his accomplishments and accolades, what is Dr. Pyrsopoulos most proud of? He is most proud when he sees his patients walking out of the doors of the hospital. With his passion for academic research and his wish to give cirrhotic patients a second chance, he is able to see the fruits of his labors when his patients are able to live normal lives after an otherwise unfavorable prognosis. Dr. Pyrsopoulos notes that he is just as proud of his family, his two sons Theodore (age 11) and Alec (age 8), and wife Giselle. He spends his free time with his family, occasionally playing basketball with his sons or golfing with friends. Given his long residence in Miami, it is not a surprise to hear that he is an avid fan of the Miami Heat! So next time you see Dr. Pyrsopoulos, he may quiz you on the etiologies of fulminant liver failure, but be prepared with Miami Heat stats as well!



Dr. Pyrsopoulos and a 23-year old transplant recipient at the "Bucket List Accomplished" Re-Birthday Party in Newark, NJ



Dr. Pyrsopoulos and Dr. Babarao Koneru, Chief of Liver Transplant and Hepatobiliary Surgery, discuss a patient with the multidisciplinary team

Chief Blogger: Ahmad Yousaf, MD!

By Aileen Tlamsa

If you are ever in the mood to be inspired by a poet physician, you don't have to go any further than your VA chiefs office, or perhaps the internet! Our inspirational chief resident Dr. Ahmad Yousaf does not discriminate when it comes to treating both the elderly and the young, giving him a unique perspective on patient care. You can find his poignant tales of life, death, residency, parenthood, and superhero physicians on KevinMD, Facebook, and NEJM Journal Watch!

NEJM
Journal
Watch

We are so proud of our chief! His eloquent reflections are honest and endearing; they will make you laugh, cry, smile, and feel proud of the physician that you are! Check out his latest blog on NEJM Journal Watch! Keep writing Yousaf!



Who's Who: Riju Banerjee

I was born in what Dr. Lardizabal calls the New York of India: Kolkata (Calcutta). When I was four, my parents and I moved to New Jersey. I grew up in East Brunswick and - in true Jersey fashion - then went to college at Rutgers University.

Growing up I always had an inquisitive mind and thus I majored in Neuroscience and Psychology. Although I completed a senior thesis and published on endocytic recycling in nematode worms, I could not see myself entering a career in basic science. Instead, I loved working at an assisted living home where I directly took care of many patients with dementia. It was there I realized that clinical medicine would combine my interest in academic science and patient care. One thing led to another and I started volunteering as a medical scribe, shadowing physicians, doing clinical research, and eventually applying to medical school.

Before matriculating to medical school, the 2010 Haiti Earthquake occurred and although I did not get to volunteer directly, I was able to start the non-profit RUTheREMEDY (Rutgers University REMEDY program) in response. We recovered 65 pallets worth of basic medical equipment and had them flown into Port-Au-Prince for immediate use in 3 hospitals and multiple clinics. Prior to graduating from college, I turned over the project to RWJUH and in the interim had donated medical supplies to several other countries, including Tanzania, the Philippines, Uganda, and India.

I briefly left the Garden State for the Icahn School of Medicine at Mount Sinai in New York. At Sinai my career interests changed almost monthly: I started off wanting to be a cardiothoracic surgeon, then a palliative care doctor, then a rheumatologist, then a vascular surgeon, then a nephrologist and so on. Naturally undecided, I decided on Internal Medicine which let me explore my broad interests and allowed me to pursue my passion in research, teaching, and academic medicine.

I'm thrilled to return to my alma mater - a program that fosters strong academic medicine and the freedom to pursue my hobbies. The program also provides a wide range of experiences from the three hospitals which I believe will help prepare us for our future roles as fellows/attending. I've found a great group of people in my intern class that I can already call my close friends and colleagues. Overall I'm grateful to be back in my home state and excited to see what the future holds.

Random facts/hobbies: I've been rolled down a hill in a giant hamster ball in New Zealand (it's called Zorbing). My absolute favorite meal is Naruto Ramen (with deep pork broth and extra meat) served at Tutto Ramen in NYC. I have a ham radio operator license. I love to play guitar or pickup soccer during my free time. The VA chief kicked my butt at ping pong - but I think I'm getting better. Oh and as a Manchester United supporter I think Ronaldo is totally better than Messi.



Travel: Croatia!

By Nisha Suda

Croatia & the Dalmatian Coast:

Looking for stunning views, breathtaking hikes, relaxing beach days, great food and shopping? Want it all on the cheap? Then head to Croatia! Here are some highlights from our very aggressively planned jam-packed trip!

We flew from Newark to Zagreb and took a bus ride down to the stunning Plitvice National Park where we spent a day doing some light hiking. Later, and we don't suggest this, we hitchhiked down the coast to Split! In Split we stayed in the Old City within Diocletian's palace and enjoyed the beautiful waterfront.

From Split we took a Catamaran (ferry) to the land of private mega-yachts (and apparently lots of Brits) – Hvar Island! After living the dream for 2 days we headed to Dubrovnik (otherwise known as “Where Game of Thrones is Filmed”). The city is rich in history and beauty, but cheap on prices!

The Basics:

1. When – Summer is “high season”, so September is ideal to avoid crowds but still get the best weather!
2. Flights – Round-trip from Split is typically cheapest. It's also easier to tack on other cities for extended layovers (we did Barcelona for 3 days on the way back)!
3. Language – Impossible. But don't worry, everyone speaks English!
4. Transportation – Be aware – there are no trains! It's all buses/ferries with odd times!
5. Where to stay – AirBnb! Clean, Cheap, Amazing locations! Live like the locals in the heart of the cities/towns! They provide excellent recommendations as well!



Wellness Committee

We are now a quarter of the way done with the academic year. Is everyone stressed yet? Not to worry! The Wellness Committee is committed to you! The long hours spent tending to code blues on I-Blue and RRTs on 9A, while writing H&Ps and MKSAP presentations can all be exhausting. The Wellness Committee seeks to provide solace in the storm with our myriad opportunities for an outlet from residency.

Our activities ranging from social events, exercise groups and classes, outdoor activity outings, and music or sports events will be listed on our Wellness Website. We also offer information for our GME sponsored counseling resources. Check it out for yourself!

In the meantime, don't miss out on our Halloween activities, championed by your resident chair of the Wellness Committee and Ombudsman, Frank Wang! Get ready to dress up in your favorite costume for our Movie Night and Halloween Party! HAPPY HALLOWEEN EVERYONE!!!



Fall Culinary Corner

by Chiefs

Moroccan Chickpea Soup

15 INGREDIENTS:

2 tablespoons
Olive Oil
¼ cup diced onions
3 cloves garlic, minced
1teaspoon ground cumin
½ teaspoon ground cinnamon
½ teaspoon ground ginger
½ teaspoon paprika
¼ teaspoon cayenne pepper
16 ounces canned chickpeas, drained
16 ounces canned whole peeled tomatoes, finely chopped
4 cups chicken stock or broth
2 cups kale, chopped
¼ cup mixed chopped cilantro and parsley
*kosher salt and freshly ground black pepper

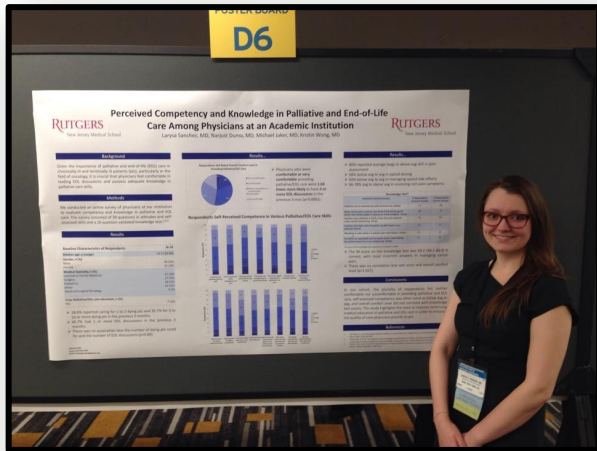
DIRECTIONS:

- Heat the oil in a deep skillet over medium heat. Add the onion and cook, stirring, for 5 minutes.
- Add the garlic and cook another 2 minutes. Add the spices, stirring until fragrant. Add the chickpeas, stirring for 1 minute.
- Mix in the tomatoes, stirring, add the chicken stock and bring to a simmer. Simmer for minutes.
- Add the kale and herbs. Stir and remove from the heat. Season with salt and pepper!!!



It's Fall 2015 Conference Season! Here are a few presenters!

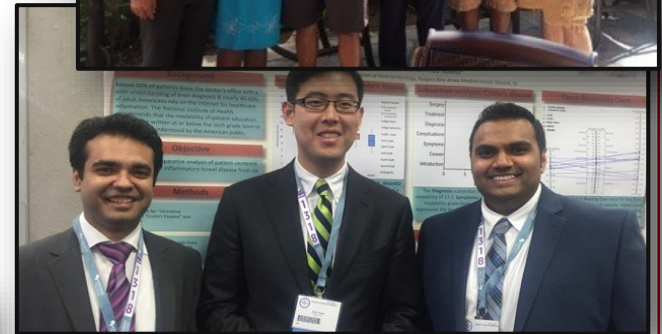
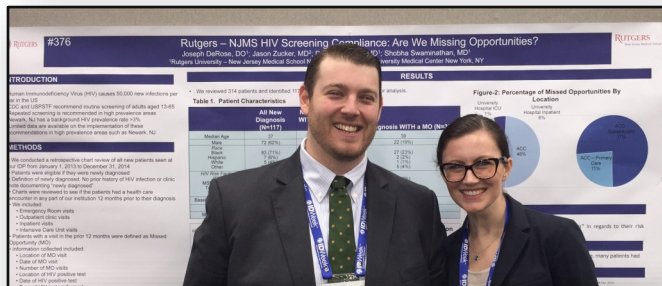
ASCO Palliative Care in Oncology



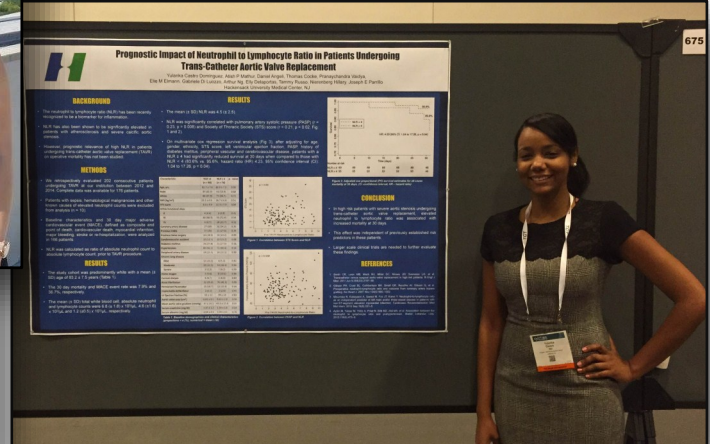
American College of Gastroenterology



ID Week



Transcatheter Cardiovascular Therapeutics



RCQ Brought To You By:

Chief Residents: Nneoma Okoronkwo, Pavan Patel, Richard May, Ahmad Yousaf, Vidhi Kapoor, Aileen Tlamsa, John Kern

Program Director: Neil Kothari

Comments: Email ruchiefs@gmail.com

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New Jersey Medical School



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We're on the Web!

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!

JULY

Interns:
Eman Rashed
Evan Orosz
Sejal Kothadia

Seniors:
Vivek Joseph
Adam Kibola
Dennis Villegas

SEPTEMBER

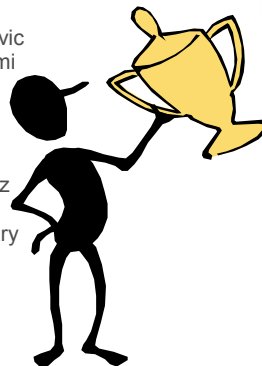
Interns:
Natalija Odanovic
Kasra Moazzami
Miguel Gonzalez

Seniors:
Larysa Sanchez
Vivek Joseph
Moaz Choudhary

AUGUST

Interns:
Riju Banerjee
Evan Orosz
Praveen Ranganath

Seniors:
Igor Eyzner
Natalie Cedeno
Kalpesh Patel



NEJM Image Challenge

What level would be expected to be elevated in this patient?



- A. 17-hydroxyprogesterone
- B. Angiotensin– converting enzyme
- C. Anti-tissue transglutaminase Ab
- D. Prolactin

Answer: B

Announcements:

Events!

- HackensackUMC ChristmasParty!!! Get your tickets! December 5th at the Westmount Country Club!



It was on a short-cut through the hospital kitchens that Albert was first approached by a member of the Antibiotic Resistance.

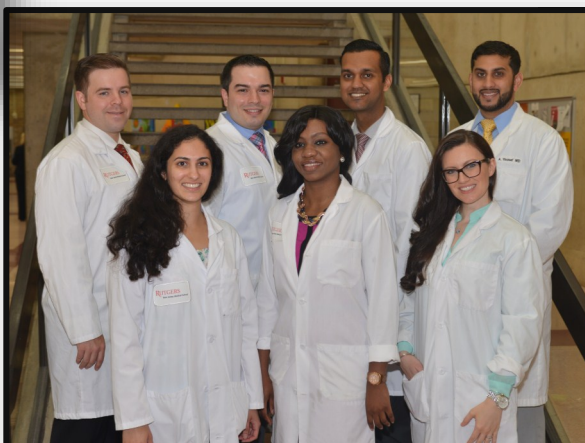
- Halloween Movie Night! October 29th @ 6pm Jurist Building, HUMC. Pizza will be served, and costumes are mandatory!



- Trivia Night! Every Tuesday @ Shannon Rose, Clifton, with our resident TriviaGod, Chief Richard May!



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