

Resident Connections Quarterly

UMDNJ-NJMS Internal Medicine Residency Program

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Winter 2012

8+2 = Extreme Schedule Makeover

Extreme MAKEOVER

What does 8+2 equal? An extreme schedule makeover! We are currently in the process of transitioning from a traditional twelve-month rotation system to a thirteen 4-week block schedule in which the academic year will be divided into 26 two-week blocks. All rotations in the program will be either 2 or 4 weeks in duration.

As part of this overhaul, we are eliminating the traditional weekly half day continuity clinic. In the “8+2” schedule, all categorical residents will have a 2 week ambulatory block after each 8 week period of approximately

residency training. Residents will have a stretch of 8 weeks of core rotations (for example, 4 weeks of a floor rotation, then 4 weeks of elective/vacation) followed by 2 weeks of dedicated continuity clinic time. The rotations during the “8” portion may vary but the “2” will be constant so that each resident will be able to forge better continuity of patient care in the clinic. With this new system, most residents will have approximately

outpatient / ambulatory education for 2 weeks at a time on an ongoing basis. Another benefit is that there is more flexibility for patients to be able to see the same resident provider since they can return anytime and any day during the two week block. Finally, in the new schedule,

By allowing residents to have separate continuity clinic blocks, we hope that our residents will be able to focus and provide better care in both the inpatient and outpatient settings as their time will be less hindered and fragmented.

Fig 1- Sample template of the new 8+2 schedule for categorical residents. The lavender color denotes the 2 week continuity clinic blocks spaced after every 8 week period.

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five 2-week ambulatory blocks per year, with a small percentage having six 2-week blocks. This schedule is going into full effect for the 2012-2013 academic year.

With the new structure, residents will be able to focus on inpatient care during their floor months without having to worry about leaving for a half-day clinic every week. In addition, residents will be able to properly focus on their

residents will have built-in dedicated time during the two weeks of continuity clinic to work on scholarly work, QA/QI projects, etc.

Due to an ACGME rule that residents cannot go more than six weeks without having a clinic session, residents will still need to have one continuity clinic session scheduled during the “8 week” stretch, but there is much flexibility in when that session need be scheduled.

Several Internal Medicine Residency Programs around the country have already adopted similar types of scheduling, and have reported great success in terms of resident satisfaction, medical knowledge, and patient continuity with residents. We expect this dramatic re-envisioning of our program to be a phenomenal success as we move forward into the future!

Community Activism!

The month of October is recognized as National Breast Cancer Awareness Month. As we know breast cancer affects thousands of women annually. In addition to the women who courageously fight the disease, many families are affected. To increase awareness in the greater Newark area, the distinguished men of Alpha Alpha Lambda Chapter of Alpha Phi Alpha Fraternity Inc. recently held a breast cancer symposium.

The symposium featured a special guest appearance by Ms. Pat Battle (WNBC Weekend News Anchor) who has chronicled her personal journey with viewers on the air-



waves. A brief medical overview was also provided by our Hackensack Chief Resident, Dr. René Paulin and PGY-2 Resident, Dr. Cordero Floyd.

A national survivors group called Sister's Network provided the audience with valuable resources on outreach programs, breast health education, and clinical trial recruitment. The evening concluded with a check for \$1000 presented to the Susan G. Komen Foundation on behalf of the Alpha Alpha Lambda Chapter of Alpha Phi Alpha Fraternity, Inc.

(Article written by Cordero Floyd)

ACP Challenge Bowl



Pictured from left to right: Fatima Samad, Samiullah, Aasma Riaz, Sreelatha Naik

The NJ ACP Challenge Bowl took place on January 26, 2012 at the Capital Health Medical Center in Pennington, NJ. Five hospitals participated – Jersey City, St. Barnabas, Raritan Bay, Overlook, and of course our very own NJMS! Our resident team, Fatima Samad (PGY-2), Samiullah (PGY-3), Aasma Riaz (PGY-3), and Sreelatha Naik (PGY-3), participated in this fun and exciting battle of the minds and finished a very respectable second place. Let's congratulate them for representing us well!

Primary Care Banquet



According to the New Jersey Physician Workforce Task Force, there will be a shortage of approximately 1,000 primary care physicians in New Jersey by 2020. The students at NJMS

have mobilized and taken action by organizing the first Primary Care Careers Banquet as part of the National Primary Care Week. The event took place on November 16th. It was incredibly successful and well attended by medical students, residents, and faculty including our very own Drs. Cennimo, DeCosimo, Haggerty, and Jaker.

This event served to launch a new chapter of Primary Care Progress, a grassroots network of innovators, educators, trainees and advocates united by a new vision for revitalizing the primary care pipeline through strategic advocacy, curricular reform and innovative media. The keynote speakers included Dr. Andrew Morris-Singer, Internist and National President

and Founder of Primary Care Progress, and Dr. Alfred Tallia, Chair of the Department of Family Medicine at Robert Wood Johnson Medical School and Member of the National Board of Medical Examiners. Panelists included: Dr. Denise Rodgers, Family Physician and Interim President of UMDNJ; Dr. Caryl Heaton, Past President of the NJ Association of Family Physicians and Society of Teachers in Family Medicine; as well as our very own Dr. Diana DeCosimo, Internist, Geriatrician, and active member of the Medical Society of NJ and the American College of Physicians.

The goal of Primary Care Progress is to revitalize the primary care workforce pipeline and to help retool primary care training. Dr. Morris-Singer's opening remarks at the banquet were refreshing, invigorating, and gave inspiration to those medical students and residents considering careers in primary care. He also reminded primary care practitioners to serve as positive role models and to resist the culture of negativity against primary care.

Towards the conclusion of the banquet medical students, residents, and faculty brainstormed together on projects and in creating solutions to issues facing primary care in New Jersey.

For residents interested in primary care careers, or in finding out more information about Primary Care Progress, please visit <http://primarycareprogress.org/>

(Article written by Dorothy Castro)



Pictured from left to right: Internal Medicine Residents Dorothy Castro, Lia Matarrese, Grace Grabowy, and Anabella Moharita, with Dr. Jaker

Recent Resident Publications and Presentations

Peer-Reviewed Journal Articles:

Tufail, Madiha, PGY-3. "Phase II Trial of Syncopated Thalidomide, Lenalidomide and Weekly Dexamethasone in Patients with Newly Diagnosed Multiple Myeloma." *Clinical Lymphoma, Myeloma & Leukemia*. (Accepted, pending publication).

Kartan, Saritha, PGY-1. "Tolerance-like Mediated Suppression by Mesenchymal Stem Cells in Dust Mite Allergy-Induced Asthma" *Journal of Allergy and Clinical Immunology*. 12/2011.

Poster Presentations:

Patel, Lisa, PGY-4. "The Black Esophagus: A Rare and Mysterious Finding in Critically-Ill Patients." Digestive Disease Week, San Diego. 5/2012.

Naik, Sreelatha, PGY-3. "Promoting Empathy and Understanding of Poverty Among Medical Students and Residents Through the Use of a 'Poverty Simulation.'" ACP, New Orleans. 4/2012.

Michaels, Matthew, PGY-2. "Agony in the Air: A Case of Altitude Induced Splenic Infarction in a 49 year old man with Sickle-Cell Trait presenting with acute onset tense-abdominal pain." ACP NJ Chapter. 2/2012.

Samad, Fatima, PGY-2. "Comparative Effectiveness of PCI versus CABG for Unprotected Left Main Stenosis – Meta Analysis of Randomized Controlled Trials." American Heart Association, Orlando. 11/2011.

Tufail, Madiha, PGY-3. "A Phase I/II Study of Escalating Doses of Thalidomide in Conjunction with Bortezomib and High Dose Melphalan As a Conditioning Regimen for Autotransplant in Patients with Advanced Multiple Myeloma." Lymphoma & Myeloma (International Congress on Hematologic Malignancies), New York. 10/2011.

Bhatt, Birju, PGY-2. "The Use of Proton Pump Inhibitors in the Outpatient Setting."

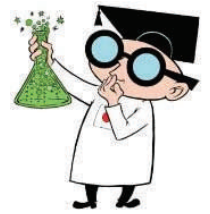
ACG Annual Mtg., Wash DC 10/2011.

Maximos, Maryann, PGY-5 Hematemesis from Migrated Mesocaval Shunt Eroding Through the Duodenal Wall." ACG. 10/2011.

Samiullah, PGY-3. "Double Lumen Esophagus: A Rare Complication of GERD and Esophagitis." ACG. 10/2011.

Bhurgri, Hadi, PGY-1. "Gastrointestinal Malignancies in Karachi - An Enigma." Japanese Cancer Association, Nagoya Japan. 10/2011.

Zakhary, Daniel, PGY-3. "Pulmonary Hypertension as a Function of Diastolic Grade in Patients with Left Heart Failure is a Predictor of Right Heart Function and Can Be Used to Optimize Timing of LVAD Therapy." Heart Failure Society of America, Boston. 9/2011



Who's Who Among Medicine Attendings - Lisa Dever, MD



Dr. Lisa Dever hails from "Deep in the heart of Texas." She grew up in El Paso and loved microbiology in school. She did not consider a career in medicine, though, until her friend's father, a physician, noticed that she would be very successful as a doctor. He suggested that she go to medical school and focus in Infectious Diseases to satisfy her love for microbiology. Dr. Dever did just that - she went on to complete her medical school and residency training at the University of Texas, Galveston. She completed her Infectious Diseases fellowship at the University of Texas, San Antonio. She then moved to the (great) state of NJ with her late husband, Dr. Waldemar Johanson, former NJMS Chair of Medicine, when he came here for work. She also completed a second fellowship in Microbiology at Rockefeller University in New York.

Prior to coming to University Hospital, she

was an Attending at the East Orange VA for several years. She is currently Associate Professor of Medicine, Director of the Infectious Diseases Fellowship Program, and our Vice Chair for Education.

Despite her busy schedule, Dr. Dever stays in great shape by frequenting the gym and practicing yoga. She also used to play a lot of golf. She is very active with her Episcopal church in Secaucus, and serves as a Warden and member of the executive committee. Outside of the hospital, Dr. Dever loves to travel. Her favorite vacation spots are Maui as well as Lake Placid (5000 miles apart!), both where she owns vacation homes.

In order to get to know Dr. Dever better, Lisa Patel, VA Chief Medical Resident, asked her the following questions:

What was your most memorable case? *A case during residency where a young, immunocompetent man, passed out in a swamp-like area. He was brought to the hospital and eventually died from overwhelming sepsis. On autopsy, the*

patient's organs were necrotic and appeared to be eaten away - presumably by infection, despite broad spectrum antibiotics and supportive care. What was the cause? A rare fungus, Conidiobolus coronatus! (Say that three times fast Dr. Kapila!)

If she could meet one famous person (alive or dead)? *"Hillary Clinton." She is a strong, intelligent female role model and is in one word - "amazing."*

What does she love the most about working at NJMS? *I admire that we consistently serve the underserved with a blind eye, doing everything we can to ensure they get the best care we can give.*

What piece of advice would she give the medicine residents at NJMS? *"Always go with your instinct and be strong to what you believe in, no matter what the consequences, or what others may think of you."*

With all Dr. Dever has accomplished so far, it would definitely behoove us to follow her advice!

Holiday Party Rock



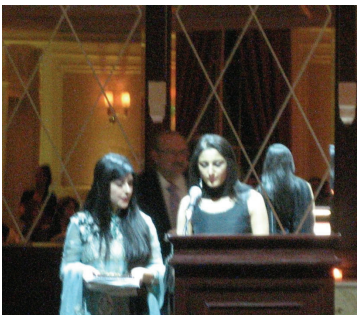
The Department of Medicine's annual holiday party is an event that all of our residents look forward to each year. It is an opportunity to dust off our dancing shoes, come dressed to impress, and enjoy a night of fine dining, wining, and dancing!

This year's party was held at the Westmont Country Club in West Paterson on December 4th, 2011. Over 400 guests including residents, fellows, attendings, and hospital staff from all three NJMS-affiliated sites were in attendance.

In addition to the festivities, several attendings were honored for their years of service to Hackensack University Medical Center, or honored for their leadership and teaching contributions.

The attendings included:

- John Apovian, MD: for 50 years of service
- Mary Ann Michelis, MD: for 30 years of service
- Peter Gross, MD: for his 31 years of inspired service, visionary leadership, and innumerable contributions as Chair, Department of Medicine and Chief Medical Officer, Hackensack University Medical Center
- Neil Kothari, MD: for the spirit of energy, collaboration and problem-solving he has brought to the role of Program Director of the Medicine Residency for the UMDNJ-NJMS affiliated programs



Fatima Samad (PGY-2) and Madiha Tufail (PGY-3) were nominated by their peers to present the 2nd R. Knight Steel, MD Award to Dr. Weekon Choi for exemplary teaching, by vote of the medical residents, in recognition of his outstanding mentorship of the residents

rotating in the HUMC Medical Intensive Care Unit.

Following the awards ceremony, we enjoyed a five-star dining experience that included an elaborate cocktail hour, sit-down dinner, and a Viennese dessert table. A new addition to this year's holiday party was an LED photo booth. It was a great way for residents to capture the night's memories and have something to take home with them.

You can always count on the medicine residents to shake what their mamas gave them on the dance floor. (I don't think we'll be needing those hired dancers' for future holiday parties!) Throughout the night, everyone made their way to the dance floor and joined in on the calorie-burning, sweat-producing fun that was taking place.

To top the night off, the residents performed a flash mob dance to "Party Rock" by LMFAO. Apparently, hours and hours of practice went into preparing for this performance. Although the dance didn't go exactly as planned, it brought the group together and made for some interesting photos to say the least. Check out <http://www.youtube.com/watch?v=UKTYCrImhCI> for a video recap of the full evening's events!

And, of course, after the main show was the after-party, which took place at Madison's in Hoboken. The dancing and festivities continued until the wee hours of the morning. One thing is for certain, we sure know how to party. All in all, it was truly a night to remember!



Holiday Party Rock



Ugly Christmas Sweater Contest!



We recently held our 1st Annual "Ugly Christmas Sweater Contest" on December 23rd.

The event was televised to all three hospitals so all of our resident fashionistas could be properly appreciated by all!

One Greek Chief Resident, who will remain anonymous, "borrowed" his ugly Christmas sweater from his mother-in-law in hopes of being named



the winner of the contest.

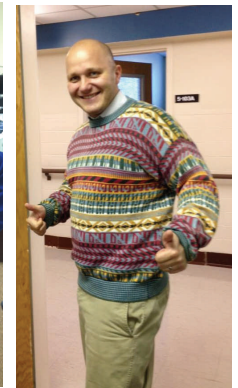
While many of the contestants ended up being the UH and VA Chief Residents, a couple of brave residents also participated and wore their ugly sweaters proudly.

We all had a good laugh and hope that the ugly Christmas sweaters spread some holiday cheer to fellow peers as well as patients on the hospital floors.

The winner of the contest impressively sewed on Christmas stockings onto a red

sweater. The prize was a gift card and bragging rights for years to come.

Congratulations to Leandro Lencina, PGY-2, for winning the 1st Annual Ugly Christmas Sweater Contest!



Clockwise from top left: Natalie Furka, George Protopapas, Slawomir Sender, Tanganyika Barnes, and our inaugural winner, Leandro Lencina

Who's Who Among NJMS Residents - Shashi Kapadia, MD



appropriate 2 days or so in the newborn nursery, he was whisked back to Woodside, Queens, a town whose slogan is "Woodside On the Move." Like Woodside, Shashi stayed on the move.... academically, anyway, attending high school on the Upper East Side, and college in Greenwich Village. His Queens breeding, dominated by stick-

ball, Mets' games, and a firm belief that LL Cool J was the greatest ever, was soon replaced by more cosmopolitan pursuits. After getting involved in a variety of South Asian health education causes, he soon found himself sitting for his MCAT and applying to medical school. During the application process, Shashi conducted a bone marrow donor drive at New Jersey Medical School, organized by a passionate second year medical student named Sreelatha "Soon-to-be-Naik" Akkapeddi. After hearing her glowing praise of the institution, Shashi chose to enroll at NJMS. *(Please direct all complaints regarding Shashi's presence here to akkapesr@umdnj.edu)*

As someone who has long been committed to the New Jersey Medical School's community health causes, and to the virtues of public healthcare, Shashi knows that a physician's place is as a part of the group of the people he or she serves. He looks forward to continuing to work for these causes in Newark even through the arduously long hours of intern year; hours that he promises to log on time.

Shashi's intern year has already gotten off to an auspicious start. As a first year resident, he has spilled various foods in EVERY conference room. He was most recently

seen spilling milk and cereal on a third year medical student, and a custodial employee at Hackensack 4 Link has been quoted as saying "You're not back in Hackensack until April?? Thank heavens!!" Expectations for the future are only looking up.



Doctor Doppelgängers



Who knew that many of us could have had a successful career in the entertainment industry, as an actress, rapper, or model? Here are several residents and faculty who have an uncanny resemblance to famous faces.



Working Girl, Lia Matarrese, PGY-3, has developed a knack for funny bones and hopes to pursue a career in Rheumatology, in line with her celebrity look-a-like Joan Cusack. Cusack has won the American Comedy Award for "Funniest Supporting Actress in a Motion Picture" three times.



Dr. Neil Kothari, our Program Director, has been frequently referred to as New Jersey Medical School's version of Neurosurgeon and CNN's Chief Medical Correspondent, Sanjay Gupta.



Loretta Devine's resident look-a-like,

Tanganyika Barnes, PGY-3, will be *Waiting to Exhale* as she prepares to apply for a GI fellowship.



Steven Kim and Rajarshi Parai, both PGY-2's and good friends, embarked on a different type of adventure from their movie star counterparts, *Harold and Kumar* (played by John Cho and Kal Penn), called Medicine Residency.



Daniel Zakhary, future Cardiology Fellow at Winthrop University Hospital in Long Island, NY, will have to balance his busy schedule next year to make time to pump iron in the gym to maintain his buff physique like his celebrity look-a-like, Jean-Claude Van Damme aka "the Muscles from Brussels."



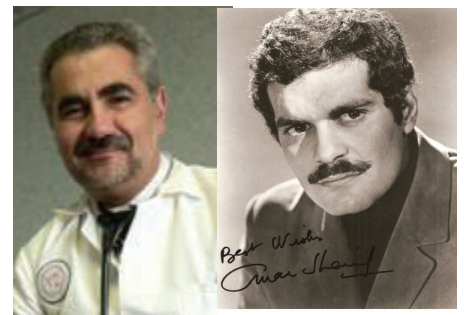
As Snoop Dogg would say, Wayne Shaw is sure to be "laid back sipping on some juice" when he starts working as a Primary Care Physician in Central New Jersey next year.



Lucy Liu may have an eye for leading roles, but Sophia Wong, one of our Prelim Medicine Interns, has an eye for a career in Ophthalmology.



Susana Tapia, a third year resident, wife, and mother of two, makes what she does look easy, all the while looking poised like her look-a-like Scarlett Johansson.



When it comes to home-made tiramisu and knowing the streets of Newark, *Dr. Zhivago* (played by Egyptian actor, Omar Sharif) has nothing on Dr. Robert Feder, one of our favorite Medicine attendings.

RCQ brought to you by :

Chief Residents—Jison Hong, Maryann Maximos, Lisa Patel, René Paulin, George Protopapas, Slawomir Sender, Geena Varghese

Program Director—Neil Kothari

Suggestions?

Please send them to umdnjchiefs@gmail.com



Patient Care, Teaching, Humanism, Professionalism

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www.umdnjim.com



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

Distinguished House Staff Awards

October:

Vidhi Kapoor
Anuja Mohla
Dina Khateeb
Tariq Niazi
Priya Umapathi
Raffaele Bernardo
Ruchi Kumari
Syed Safdar

November:

Ziyaad Al-Khateeb
Tanganyika Barnes
Hadi Bhurgri
Aesha Jobanputra

December:

Abdullah Khan
Dina Khateeb
Priya Umapathi
Michael Cho
Matthew Michaels



Geena's Joke Corner

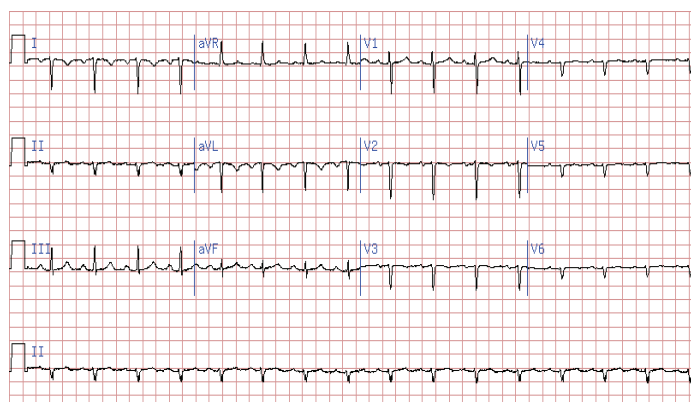


Why are people with iron deficiency anemia smokers?



Answer: They have cigaret cells!

EKG Challenge



The patient is 40-yr-old female admitted with atypical chest pain and a big surprise on the ECG. (Repeat ECG showed same appearance.) The findings are most consistent with which ONE of the following diagnoses?

- a) Extensive anterior infarction
- b) Massive pulmonary embolism
- c) Dextrocardia
- d) Hypertrophic cardiomyopathy
- e) Tetralogy of Fallot

Answer: C (Dextrocardia)

Important Upcoming Dates

- February 22, 2012– Movie Night @ 6 P.M. in the HUMC Jurist Conference Room
- March 2012– March Madness Knowledge Bowl Competition
- March 21, 2012– Career Night @ 5-8 P.M. in the MSB Rosemary Gellene Room
- May 3, 2012– Transition Night @ 5-8 P.M. in the MSB Rosemary Gellene Room
- May 17, 2012– Research Day
- June 7, 2012– Internal Medicine Residency Graduation Ceremony and Reception (6-10 P.M. @ the Wilshire Grand in West Orange, NJ)

Questions? Need to talk? Call us!



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