



Resident Wellness Event: Summer BBQ

DEPARTMENTAL NEWSLETTER

RUTGERS NJMS
ANESTHESIOLOGY
RESIDENCY

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IN THIS ISSUE

Let's Start the Summer Right!

by Alex Bekker, Professor & Chairman

A commitment to education, science and research defines us as physicians. Without these goals, our profession could not advance or thrive. This newsletter affords us the wonderful opportunity to hit the pause button and reflect on the strengths and efforts of our own research programs. The quality, depth and breadth of the science conducted within our department is extraordinary, and I am deeply proud to share in the accomplishments of these scientists. I would like to thank Matt Fishman and Swetha Sanghvi, members of the resident-run Scholarly Activity Committee (SAC), for producing this report.

We have had a stellar year in achievements. Our residents have co-authored ten peer-reviewed publications and presented 62 abstracts at major national and regional conferences. These presentations have spanned a variety of activities, including basic research projects, clinical investigations, practice management analyses as well as a number of medically challenged case reports. In fact, the Anesthesia research community has recognized the quality of their research – Dr. Diep, Dr. Usman, Dr. Amin, and Dr. Siddiqi have all received awards for their presentations at the New York Academy of Medicine. Our resident and faculty efforts have also been noted nationally: the latest Doximity ranking rates our residency program



as 46th in the nation (research productivity) and by far the number 1 in New Jersey. Considering that we have only 28 faculty, this is a truly remarkable achievement.

In addition, our basic research labs, lead by Dr. Tao and Dr. Ye, have published 26 peer-reviewed publications in the most prestigious journals during the 2016-2017 academic year! Dr. Tao was awarded with his third NIH grant for his proposal "Dissection of a New Spinal Cord Circuit in Pain Sensation." Dr. Tao was a recipient of the 2017 New Jersey Health Foundation Award, which was presented to him during the convocation ceremony.

To not only continue, but to accelerate our progress as a nationally recognized program, we will combine investments in areas of strategic importance and enhance support services in the 2017-2018 academic year. Dr. Eloy, the incoming Vice Chair for Academic Affairs, will lead this charge. Dr. Gajewski, the incoming Program Director and Dr. Thalia Palmer, the incoming Assistant Program Director, will help SAC to further advance the research enterprise of the residency program. Finally, we will redouble our effort to build and reinforce programs that educate and mentor our residents and train the next generation of clinician scientists.



On Behalf of the Leadership

Reflections of our past year from the Chairman & Vice Chairman, as well as a look into the future from our Program Director & Assistant Program Director.

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Chiefs' Statements: Old & New

Farewell to the new alumni & thank you for a wonderful year! Let's welcome the new chiefs and share their excitement in starting this new chapter.

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Scholarly Activities

It's truly been a record-breaking year full of presentations & publications. Let's take a closer look...

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Welcome New CA-1s!

An inside look into our new CA-1 class: filled with interesting facts, hometowns, and more!

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In Praise of Scholarly Pursuits

by Jean Daniel Eloy, Vice Chairman

Over the past five years, our residency program has made great strides in fulfilling our core missions--dedication to education, clinical service and research. Under the leadership of Dr. Alex Bekker, the department has promoted and encouraged all aspects of scholarly activities, and the cultural change that followed is evidenced by the scholarly productivity increase of both residents and faculty. It is with amazement that I have witnessed the extraordinary work done by our residents in that endeavor. The creation of the Scholarly Activity Committee and the appointments of Dr. Jack Diep and Dr. Molly Amin as the first co-chairs of the committee are a testament of the department's emphasis on not only education, but on the ideal that residents should be at the forefront of research and scholarly productivity.



I would like to take this opportunity to thank Dr. Jack Diep for his hard work over the past three years. He embodies what it is to be an academician and fully deserves being chosen as the recipient of the Chair's Award for Academic Achievement. As Dr. Diep is entering his clinical fellowship in Interventional Pain Medicine at the Cleveland Clinic, I know that he will continue to be a leading force in academic anesthesiology.

Special thanks to Dr. Molly Amin are also in order as she is the model of hard work and poised leadership. Dr. Amin

was chosen as one of the Administrative Chiefs for the upcoming academic year. Her scholarly accomplishments, her role as the Co-Chair of the Scholarly Activity Committee, her clinical acumen in the operating room and sense of quiet leadership testify to her commitment to the core missions of this department.

Finally, I would like to recognize Dr. Christy Anthony for her dedication to patient care, her exemplary work ethic and her extraordinary scholarly work thus far. It is always amazing to be recognized by our peers and Dr. Anthony's hard work is clearly being acknowledged by her peers. She is an exceptional resident who deeply cares about her patients and exemplifies the best qualities of the profession.

As I pass the baton to Dr. Michal Gajewski to lead the residency program, I ask that the faculty continue to inspire and mentor our residents. It is our responsibility to train, to mentor and to form the next generation of anesthesiologists. Drs. Gajewski and Palmer will need our support to take the Residency Program to the next level.

What's New?

Introducing: Sugammadex (Bridion)

Following rocuronium- and vecuronium- induced neuromuscular blockade, Sugammadex achieved rapid recovery from moderate block. Now available in the central Pyxis at UH!



Primary end point: time from start of BRIDION or neostigmine administration to recovery of the TOF ratio (T_4/T_1) to 0.9

BRIDION 2 mg/kg (n=48)



Quartiles (Q1, Q3): 1.2, 1.7 minutes

Neostigmine 50 µg/kg +
glycopyrrolate 10 µg/kg² (n=48)



Quartiles (Q1, Q3): 9.8, 42.0 minutes

Anesthesia Website & App



Shawn is the new chair of the IT committee and helped launched the user-friendly NJMS website and app for anesthesia residents.

Check it out by visiting
www.njmsgashub.com.

Airway Bag at Hackensack

Difficult airway management is a vital part of an anesthesiology resident's curriculum. Thus an SBP project implemented a new airway bag that is fully stocked and "ready-to-go" during our trauma calls at Hackensack, as well as educational lectures to address how to handle difficult airways which started this month!



A Deeper Look

by Michal Gajewski, Program Director

This time of year is always bittersweet. We say farewell to the residents that we have trained and grown accustomed to over the last three years, and welcome a fresh group of eager trainees. While this is truly a happy time, filled with pride, as we consider our roles in helping to develop another wave of anesthesiologists, it is also a time to reflect on ways to improve. Although we have many success stories, for which I am thankful, I would be remiss if I did not recognize the fact that our program is not immune to the dangers of substance abuse. Although our field has been cited as being more at risk for SUD than others, I do think that a



deeper, introspective look needs to be taken in order to assess why we are out of proportion with the rest. With everyone's help, I remain committed to ongoing education of our current and future residents on the dangers of this epidemic. In addition, I will continue to explore, particularly vis-a-vis the wellness committee, more effective alternatives to help residents cope with life stressors so that substance abuse is less likely to be considered a viable alternative. Lastly it is my sincere belief that if we all stay vigilant, we can prevent adverse outcomes and ensure that our residents embark on the career they have worked for so diligently.

The **"Resident Wellness Center"** (previously Early Assistance Program) is a team of professionals from Rutgers that are available to help you **take care of personal problems**. They will make an assessment, **provide short-term counseling** and, if necessary, **refer you to service providers** who will meet your needs for additional treatment. Visit the following website for more information: http://njms.rutgers.edu/education/gme/resident_wellness.cfm

The contact person for appointments is Dr. Chernin, PhD at (973) 972-5429.

A Guiding Hand

by Thalia Palmer, Assistant Program Director

Dear Residents,

I am excited to play a role in shaping the education and training of future leaders in the field of anesthesiology. Having trained residents and fellows for the last 9 years, not only do I consider it one of the greatest professional rewards, I also recognize that it is not a task to be regarded lightly. I welcome the opportunity. Besides nurturing an environment to help fulfill your professional potential as expert anesthesiologists, I, along with the program director, hope to promote a



culture that reflects our desire to prioritize the development of people. We believe that the emotional, mental, and physical well-being of our residents, who are our greatest assets, are critical aspects in meeting this end goal. Finally, whether your ultimate career goal is pursuing a fellowship or a job in either private practice or academic medicine, you will be supported and prepared for whatever path you choose.

Please do not hesitate to reach out to me at any time and I look forward to working more closely with you all!

Leaving a Legacy

by Rita Shah & Minh Kwon

As outgoing chief residents, we wanted to thank all the faculty for teaching us and patiently working with us. We also wanted to give a big thanks to all the residents who helped us cover calls during times of need this year. It truly means a lot that we have a solid group of residents that we can count on during the ups and the downs that life brings. Reflecting back on this year, we made lots of fond memories at the CA-1 welcome social in Jersey City, soup kitchen in Hoboken, New York Academy of Medicine Anesthesia Conference, Halloween social event, annual Christmas party, and the ASA



national conference in Chicago to name a few. In addition, resident participation in committees further peaked this year with the Scholarly Activity Committee and the Wellness Committee. So proud of the graduating class for landing excellent jobs and fellowships for the upcoming year. Good luck to all the junior residents as you apply for jobs and fellowships. We know you all will share your knowledge and wisdom with the next class of incoming CA-1s. We worked hard with all of you, but also had a blast! We are truly going to miss everyone!

Incoming Chiefs' Statement

by Molly Amin & Sameer Siddiqi



Hey Everyone!!!

Can't believe 2016-2017 is coming to an end!! For all the new CA-3s, this year will be an exciting one for us, ONLY one year left to go!! For all the new CA-2s, this is the year you really get to learn those skills outside the OR. Lastly, for all the

incoming new CA-1s, we are excited to have you on board and join us!!

We have an exciting year ahead and looking forward to working with each and everyone of you. If you ever need us, please text/email or call, we are here to help!

From the 2016-2017 SAC Chairs

by Jack Diep & Molly Amin

We had a very successful year with a grand total of 62 abstract presentations. Our residency has almost doubled the number of abstract presentations from last year. This was largely due to the increased number of presentations by CA-1s at local conferences. In addition, 13 research/scientific abstracts were presented. The number of publications have also increased, as well as the number of residents as first authors.

By using the Scholarly Activity Points

evaluation system created by Emerick et al., we have calculated the total points for each resident. 77% of our residents were engaged in some form of Scholarly Activity this year (ie. abstract presentation, book chapter, manuscript etc.). Eight of our residents scored more than 100 points. One of them was a first year resident, Dr. Christy Anthony. Please join us in congratulating Dr. Shawn Amin, Dr. Rita Shankar Shah, Dr. Amit Kaushal, Dr. Usman Sheikh, and Dr. Melinda Ball for all

achieving 100 scholarly activity points.

There was a lot of interest in SAC this year. The committee has expanded to a total of 10 members and will be under the leadership of Dr. Shawn Amin and Dr. Matt Fishman. We are confident that they will do a great job and continue to facilitate residents' engagement in scholarly activity. We would like to thank Dr. Swetha Sanghvi and Dr. Matt Fishman for putting together this newsletter.



WELLNESS: Springtime Bowling February 24th, 2017



Departmental Publications

ANESTHESIOLOGY NEWS

Eloy JD, **Anthony C, Amin S**, Caparo M, Reilly MC, Shulman S. Gabapentin Does Not Appear to Improve Postoperative Pain and Sleep Patterns in Patients Who Concomitantly Receive Regional Anesthesia for Lower Extremity Orthopedic Surgery: A Randomized Control Trial. *Pain Res Manag*. 2017, February 27: 2310382. Epub

Abdel-Kader A, Kaushal N, Shah R, Gomulka M, **Wang T**, Shulman S. A Novel Technique to Maintain Radial Arterial Catheter Position: The Arterial Catheter Stabilizer. *OJAnes* 2016;6(12)193-197.

Diep J, Dandu K, Xiong M, Shulman S, Gonzalez-Fiol A. Airway arteriovenous malformation in pregnancy. *Canadian Journal of Anesthesia*. 2017 June 22. Epub ahead of print. *Accepted*.

Diep J, Shulman S, Atlas G. Otocephaly complex: case report, literature review, and ethical considerations. *A&A Case Reports* 2016;7(2);44-8.

Diep J, Whitwell T, Sen S. Abstract PR290: Hackensack University Medical Center Pain Management Protocol for Total Joints. *A&A* 2016;123(3S_Supplement):368-9.

Haroun L, **Amin M**, Eloy J, & Bekker A. Anesthetic Considerations for Awake Craniotomy in Epilepsy Surgery. *Treatment of Epilepsy*. SMGroup, 2016. 1-10. E-book, Book Chapter.

Korban A, Gonzalez-Fiol A, Goodman SR. You're Wrong, I'm Right: Dueling Authors Reexamine Classic Teachings in Anesthesia. Chapter 51: Should Damage Control or Traditional Resuscitation Be Used for Placentation Cases? 2017. 51: 173-176. E-book, Book Chapter.

Palmer T, Torres GD, **Derrick KN**. Anesthetic Management of Pediatric Patients with Down Syndrome. 2016 July 27. E-book, Book Chapter. ebooks@esciencemedicine.com

Thanks to the contributions of our faculty, staff, residents, and students, we had a very successful year and we look forward to further achievements over the coming year!

ASA Legislative conference in DC



Congratulations to the 2018 Cardiac Fellows!

- Molly Amin – Duke Anesthesiology
- Vincent Reformato – University of Maryland School of Medicine
- Tony Wang – Tufts Medical Center



Society of Cardiac Anesthesiologists (SCA), Orlando

Vincent Reformato, Faraz Chaudhry. Intracardiac thrombus following recombinant factor VIIa administration. (MCC)

Though I may be biased towards cardiac anesthesia, I found the annual SCA conference to be an amazing experience. They featured a resident/fellow devoted curriculum with the opportunity to discuss a complex cardiac case with some of the leaders in the field in a low stress PBLD setting as well as advice in how to start your career whether in academics or private practice. The additional lectures were remarkable and informative, ranging in topic from combined heart/lung/liver transplants to coagulopathy. Overall, the SCA conference reaffirmed my excitement about cardiac anesthesia and provided an excellent learning environment for topics that apply to all aspects of anesthesiology.



Society of Critical Care Anesthesiologists (SOCCA) 30th Annual Meeting and Critical Care Update, Washington, DC

Melinda L. Ball, Katharine Thompson, Nikki Koll, Michal Gajewski. A Novel Approach to Hemostasis During Hemorrhagic Shock

SOCCA is my favorite conference of the year for a few reasons other than that I love critical care medicine. It is combined with IARS and the lectures are not only interesting but also educational. Both last year and this year, I left the conference feeling inspired as I've heard the leaders in anesthesia speak on the future of our specialty and new techniques to be a better anesthesia care provider.

Systems-Based Project Winners:

1st Place:

"Improving PACU Patient Care Through Improved Communication Measures"

By Christy Anthony, Tony Wang, Molly Amin, Rita Shankar Shah, and Minh Kwon

The goal of our project was to improve communication amongst the PACU staff and the anesthesia team to further advance patient care.

2nd Place:

"Raising Awareness of Correct Perioperative Antibiotic Use"

By Hee Jung Park, Peter Shin, Lily Phan, Sameer Siddiqui, Peter Choi

Dived into anesthesia resident understanding of antibiotic use and implemented a standardized guideline provided by ASHP, resulting in improved resident self-assessment.

Poster Sessions

Society for Ambulatory Anesthesia (SAMBA), Arizona

- **Somdatta Gupta**, Lawrence Chinn, Alex Bekker - Financial Impact of Applying Modified NICE/ASA Guidelines to Current Practice for Preoperative Testing. (Research)

International Anesthesia Research Society (IARS) 2017 Annual Meeting and International Science Symposium, Washington, DC

- **Kavya Reddy**, Anna Korban, Shridevi Shah - Grisel Syndrome: A Rare Pediatric Disease, It's Challenges and Anesthetic Management. (MCC)
- **Molly Amin**, Antonio Gonzalez - Perinatal education of labor analgesia effects on maternal anxiety and satisfaction. (Research)



NJSSA, New Brunswick

- **Molly Amin**, Jean Daniel Eloy, Jean Anderson Eloy - Fellowships represent a logical target or cultivating research in academic anesthesiology. (Research)
- Molly Amin, **Somdatta Gupta**, Shridevi Shah - Challenging intubation secondary to subglottic stenosis in a child with Hemophilia A. (MCC)
- **Somdatta Gupta**, Ross Moore, Michal Gajewski - Acute pain management of a patient on Suboxone: Review of challenges and Literature Guidelines (MCC)
- **Shemille Collingwood**, Michal Gajewski - The validity of ECG stress test in predicting intra-operative myocardial complications. (MCC)
- Jack Diep, **Shemille Collingwood**, Jill Arthur - Emergent airway management of an uncooperative child with a large retropharyngeal and posterior mediastinal abscess. (MCC)
- Jack Diep, **Obinwanne Emejulu**, Anthony Sifonios - Cryoanalgesia for intractable craniofacial pain following carotid-cavernous fistula embolization. **First place.** (MCC)



NYAM, New York

- **Obinwanne Emejulu**, Jack Diep, Anthony Sifonios - Cryoanalgesia for intractable craniofacial pain following carotid-cavernous fistula embolization. (MCC)
- **Hazeez Adigun**, Rita S. Shah, Surjya Sen - Thromboelastography - a useful adjunct to INR in evaluating hypercoagulable liver laceration patient for thoracic epidural placement. (MCC)
- **Sameer Siddiqi**, Jack Diep, Somdatta Gupta, Ming Xiong - Kratom: An Herb with Opioid Receptor Agonist Activity: A case of overdose and management. **3rd place.** (MCC)
- **Shemille Collingwood**, Michal Gajewski - The validity of ECG stress test in predicting intra-operative myocardial complications. (MCC)
- **Hee Jung**, Jack Diep, Douglas Jackson - Unmasking of Wolff-Parkinson-White Syndrome during Elective Cesarean Delivery. (MCC)
- Jeopardy competition: **Shawn Amin**, **Usman Sheikh**

NANS, Las Vegas

- **Hazeez Adigun**, Jack Diep, Molly Amin, Anthony Sifonios, Antonios Mammis - Successful Dorsal Root Ganglion Stimulation for Treatment of Lower Extremity Complex Regional Pain Syndrome. (MCC)
- **Christy Anthony**, Jack Diep, Vanny Le, Antonios Mammis - Occipital and Trigeminal Field Stimulation for Treatment of Trigeminal Neuropathic Pain: Case with Long-term Follow-up. (MCC)

ASRA, San Francisco, Spring Meeting

- **Somdatta Gupta**, Ross Moore, Michal Gajewski - Acute pain management of a patient on Suboxone: Review of challenges and Literature Guidelines. (MCC)
- **Minho Kwon**, Anthony Sifonios - Successful epidural anesthesia in a post-dorsal rhizotomy patient going under orthopedic surgery. (MCC)
- **Hazeez Adigun**, Rita S. Shah, Surjya Sen - Thromboelastography - a useful adjunct to INR in evaluating hypercoagulable liver laceration patient for thoracic epidural placement. (**moderated session**) (MCC)
- **Uche Madubuko**, Amir Abdel-Kader, Jean Daniel Eloy - Total spinal anesthesia after continuous posterior lumbar plexus block: is catheter the cause? (MCC)
- **Sameer Siddiqi**, Ming Xiong - Hypothermia following intrathecal morphine administration for cesarean delivery. (MCC)
- **Christy Anthony**, Bob Horvath, Antonio Gonzalez - Assessment and comparison of the slippage and unintentional opening of epidural catheters and their connectors. (**moderated session**) (Research)



WELLNESS:
Summer Events!



CA-3



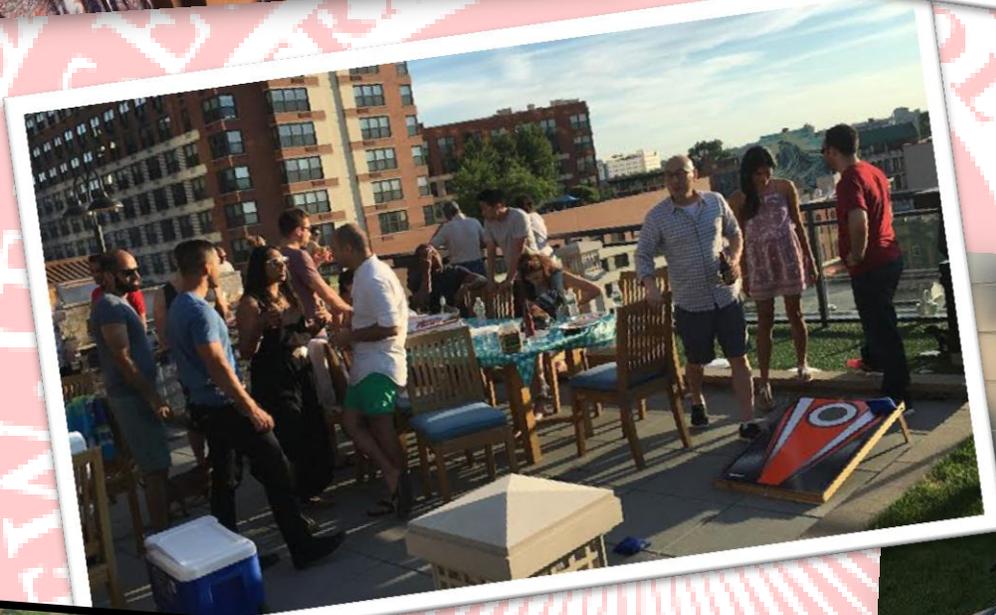
CA-2



CA-1



Graduation BBQ – Celebrating Class of 2017
June 24th @The Morgan, Jersey City



Incoming CA-1s

July is always an exciting time, with new members of the team. Let's welcome the *incoming CA-1s* to the NJMS Anesthesia Family!

Raksha Bangalore

Hometown: Laurel, MD.

College: University of Maryland - College Park.

Factoids: I love going on short runs! Besides that you can usually find me checking out new coffee shops and restaurants!



I am from Delhi, India and went to NKP Salve Medical College, India.

I believe:

There's always gonna be another mountain
I'm always gonna wanna make it move
Always gonna be an uphill battle
Sometimes I'm gonna have to lose
Ain't about how fast I get there
Ain't about what's waiting on the other side
It's the climb



Meenu Batra

Brittany Bryant

I'm from Stamford, CT and I went to Howard University for undergrad. I absolutely love movies (if I wasn't in medicine I'd probably be a film critic). I'm currently in the process of starting my own movie blog. I also love seafood!



Andresa Carlson

Hometown - Fargo, ND.

College - Concordia College (Moorhead, MN).

Medical School - University of North Dakota School of Medicine & Health Sciences.

Factoids - I love eating and most food-related activities, Netflix, and sunshine.



David Convissar

I did my medical school at Rutgers NJMS and an internal medicine prelim here (for only 3 more weeks-save me). I'm from Cherry Hill, NJ. Undergrad at University of Pittsburgh. The UH nurses corn-rowed my hair on night float once. Futurama, American Dad and Rick and Morty are some of the best shows ever. I eat my body weight in Reeses cups on Halloween (which is the best holiday)



Jessica Montoya

I'm from Thornton, Colorado and I went to undergrad at University of Northern Colorado before coming to NY for my masters and then MD at New York Medical College. I enjoy cooking and traveling.



Ripal Patel

Hometown: Parsippany, NJ.

College: Rutgers University.

Medical School: Rutgers - Robert Wood Johnson Medical School.

Factoid about me: I like to think I'm a foodie and my favorite food is Mexican food. I also like to travel when I get a chance!



Andrea Perales

I'm grew up in NYC. I did an MPH at Columbia, and worked for a bit before starting medical school. I love traveling, and just got back from Colombia. Little factoid - I wake up at 4am to squeeze in a quick run before going to work.



Maksim Ptushko

Hello guys. I am originally from Belarus. I am a person who likes travelling and active sport. During my childhood I spent a lot of time in judo and soccer. However, I decided to be a physician and went to medical school at the Belarussian State Medical University in Minsk, the capital of Belarus. I initially worked as a general surgeon for a short period of time, but when I moved to the US a few years ago, I decided to switch my specialty. I was really interested in anesthesiology and I am happy I landed in a specialty which I really like. Overall I am a friendly and approachable person.



Ali Rashan



Jaideep Singh

Hometown: Springfield, VA.

College: George Mason University.

Medical School: Eastern Virginia Medical School.

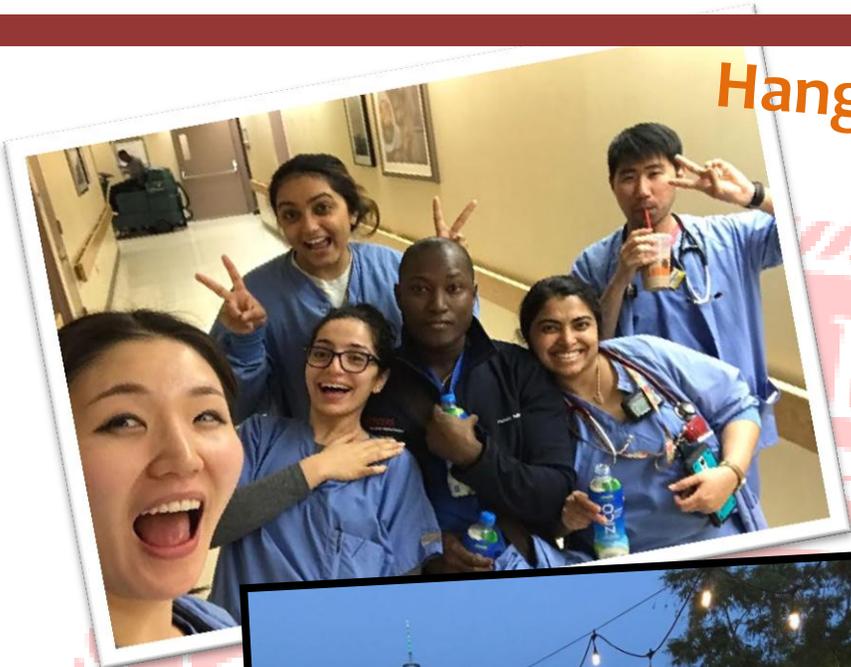
Fun facts: was on a competitive Indian dance team for 5 years, favorite show is Seinfeld.



Zhe "Jenna" Yan



Hanging out with the crew





SENIOR SUPERLATIVES!

MOST LIKELY TO.....

Become program director: *Rita Shankar Shah*

Become chair of a department: *Amit Kaushal*

"C-mac" award - Invent a new device or tool: *David Chen*

"Dr. Evan Karasch" award - Become editor of a journal: *Jack Diep*

"Jack Shepard" award - Be the person you want to be stranded with on an island: *Jack Diep*

"Patch Adams" award - Make you smile: *Minho Kwon*

"Dr. Sanjay Gupta" award - Become famous: *Ajay Malhotra*

"Dr. Ken Jeong" award - Make a movie/autobiography: *Faraz Quraishi*

"Dr. Ben Carson" award - Run for political office: *Amit Kaushal*

"Dr. Gregory House" award - Have the best clinical skills: *Minho Kwon*

"Dr. McDreamy" award - Have the best smile: *Anna Korban*

Win a poker series: *Keenan Richards*

Win a fantasy football championship: *Kunal Jardosh*

Win top chef: *Peter Choi*

Just Us!

