

Resident Connections Quarterly

UMDNJ-NJMS Internal Medicine Residency Program

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Spring 2012

Match Day Results



Match Day 2012 took place on Friday, March 16. Match Day is a day full of varied emotions. First, there is anxiety associated with the uncertainty of what the future holds. The anxiety actually starts months prior when the rank order list is finalized, and continues during the weeks leading up to this day. The climax of emotions culminates in the final moments as students open their envelopes to learn where they will be spending the

of their lives. The emotions that follow are excitement with the possibility of starting something new, as well as sorrow at the realization that medical school is coming to an end, and hope for the endless opportunities that lie ahead.



graduates (8 NJMS, 11 other allopathic, 8 osteopathic) and 5 international graduates (1 Caribbean school, 4 from schools in Iran/China/Pakistan).

Thanks to all of you for your hard work and

The residents, faculty, and administrative staff in the Department of Medicine were thrilled at having another successful match. Many months of hard work led up to this momentous occasion.

effort in helping to recruit this new class! We want to congratulate all of the students on a successful match and extend a very warm welcome to our new Intern class starting July 2012!

Our program received 2900 applications (around 400 more than last year), and interviewed approximately 450 candidates. The Chief Residents and residents contributed countless hours giving tours, answering questions, providing advice, and making the residency applicants feel welcome.



next several years

In regards to our match results, for the categorical program, we will have 27 US

Inside this issue

<i>Career Night</i>	2
<i>New Fellowship Match Process</i>	2
<i>Golden Apple Awards</i>	3
<i>Who's Who – Attending</i>	3
<i>Doctor's Day</i>	4
<i>Spring Events in NJ/ NYC</i>	5
<i>The Ultimate Bake Off</i>	6
<i>Who's Who – Resident</i>	6
<i>In the Spotlight</i>	7
<i>We Work Out</i>	7
<i>March Madness</i>	7
<i>Distinguished Housestaff Awards</i>	8
<i>Geena's Joke Corner</i>	8
<i>EKG Challenge</i>	8

Announcing our New Chair of Medicine



Dr. Marc Klapholz, Professor of Medicine, was announced as Chair of the Department of Medicine at NJMS on March 19, 2012. Dr. Klapholz is taking the place of Dr. Bunyad Haider who has served as Interim Chair of Medicine since 2006. Dr. Haider steered the Department of Medicine through tumultuous times, and helped to establish stability and maintain a reputation of excellence for the last several years.

Dr. Klapholz is no stranger to NJMS. He served on the NJMS faculty from 1995 through 1999, and then returned in 2004. He has served as Director of Cardiology for the last seven years. Under his leadership, the Division of Cardiology has gained national recognition. *The University Hospital* ranks number two nationally among all academic centers for lowest cardiovascular mortality, and ranks number one for core measure compliance with heart failure.

Dr. Klapholz is an accomplished physician, researcher, mentor, and leader in his field. We are excited for his new position as Chair of Medicine as he brings to this position a unique understanding of our institution, strong leadership skills, and dedication. Please join us in welcoming Dr. Klapholz!

Career Night



Our annual Career Night was held on March 21st in the Rosemary Gellene Conference Room at NJMS.

Fellowship directors, distinguished attendings, and heads of state convened to shed light on the ever-so-enigmatic challenges of ob-



taining a fellowship or sorting through primary care job offers.

First, a general Q&A session was held where residents (but mostly Dr. Kothari) asked fellowship directors

and primary care attendings key questions such as "How important is research in your chosen field?" or "How do we negotiate a contract for a hospitalist position."

The faculty then split off into separate tables, where they were able to meet with residents interested in their fields. The faculty members who participated are:



Alan Wolff - Allergy & Immunology
James Maher - Cardiology
David Bleich - Endocrinology
Michael Demyen - Gastroenterology
Shail Maingi - Hematology/Oncology & Palliative Care
Lisa Dever - Infectious Diseases
Mary Ann Haggerty - Primary Care/Geriatrics/Hospitalist
Zaza Cohen - Pulmonary/ Critical Care

This was a great opportunity for residents to learn more about the nuances of each field. Residents were happy to "chow down" on the complimentary dinner, all while broadening their per-



spectives on career and employment options.

This event showcases one example of how NJMS prepares its residents for the next phase of their careers. We look forward to next year's event!



The New Fellowship Match Process



Do you feel lost when it comes to the new fellowship application and match

process? Lucky for you, help is here. Here is a quick reference guide to simplify the deadlines and what you need to know about the new process.

This is one of the topics that was discussed in great detail during Career Night. Just in case you zoned out or could not attend Career Night, here is a brief overview of what was discussed.

Mark your calendars for the upcoming important dates and deadlines.



Medical Specialties 2013

Match begins - 08/01/12

Rank order list opens - 10/10/12

Rank order list closes - 11/14/12

Match Day - 12/05/12

What should you be doing now you ask? You should be asking attendings that you have worked with in the past and Dr. Kothari for letters of recommendation.

Do not wait until the last minute. Respect your letter writer's time and give them sufficient notice!

Also, you should start working on your personal statement. The goal is to have the specialist reviewing your application know how great you are and also enjoy reading this document. Make sure you do common sense things like checking your spelling and grammar, and having someone read it before you submit. You should try to be honest, yet witty and creative. In the end, just be yourself.

Another word of advice is to speak with senior residents who have matched in the subspecialty field in which you are interested in applying. They can provide you with

insight into the programs that they've interviewed at and what to expect. This is one of the best resources that we have, and you should definitely take advantage of this. Get their advice before they graduate and leave.

Lastly, no matter where you are in this process, remember that good residents make good fellows. Work hard during residency and it will most surely pay off!



Golden Apple Awards



Golden Apple 2012 was held at the Palisadium in Cliffside Park, NJ on Saturday, March

31. Golden Apple is an annual awards ceremony and reception sponsored by the NJMS Student Council. It is a chance for the medical students to honor residents and attendings who have contributed to their medical education.



Pictured left to right: Jason Zucker, Miranda Tan, Morium Akthar, Kamaal Zaidi, Ralph Bernardo

Here are the Medicine resident nominations for this year:

Umair Ahmad
Morium Akthar
Margaret Aldrich

Lila Baaklini
Ralph Bernardo
Birju Bhatt
Lauren Blackwell
Dorothy Castro
Ryan Chadha
Jose Churrango
Arpita Gandhi
Kavita Gupta
Hayder Hashim
Ehsan Hazrati
Shashi Kapadia
Vidhi Kapoor
Steven Kim
Ruchi Kumari
Leandro Lencina
Rana Mady
Rishi Mehta
Matthew Michaels
Steven Morrow
Sree Naik
Ned Okarter
Adrian Padkowsky
Raj Parai
Mandeep Samra
Wayne Shaw
Sukhjeet Singh
Miranda Tan
Aleksey Tentler
Natacha Tessono
Elizabeth Vassallo-Deluca

Trent Wang
Ahmad Yousaf
Kamaal Zaidi
Daniel Zakhary
Jason Zucker

Fellow nominations:
Arthur Rusovici– Cardiology
Eyad Alhaj– Cardiology
Jorge Dolojan– Pulmonary

Attending nominations (UH):

Michael Demyen
Sree Chalassani
Patricia Kloser
Vivek Vadehra
David Cennimo
Zaza Cohen
Joann Retequiz
Neil Kothari
Andrew Berman
Lisa Dever
Marc Klapholz
Sally Hodder
Michael Jaker
Robert Fede
David Bleich
Karlene Williams
Christine Gerula
Amea Patrawalla
Victor Mazza

Stuart Baskin

Attending nominations (EOVA):

Anand Srinivasan
Ralph Oriscello
Rebecca Connell
Dennis Quinlan
Purnima Balachandran

Attending nominations (HUMC):

Lauren Koniaris
Weekon Choi

The winners of the night were Ryan Chadha, Hayder Hashim, Jorge Dolojan, Drs. Oriscello, Cohen, Cennimo and Retequiz.



Congratulations to all who were nominated and to those who won. Thank you for leading by example, and inspiring our medical students to become great!

Who's Who Among Medicine Attendings - Ralph Oriscello, MD



On a typical day at the EOVA you will see an entourage of students, residents, and fellows following one very important physician. He is none other than

Dr. Ralph Oriscello, Chief of Cardiology at the East Orange Veterans Affairs. Many of us have sat through his EKG rounds where he lovingly calls us less-than-complimentary names. But do we know the real Dr. Oriscello?

Young Ralph Oriscello attended Elizabeth High School in New Jersey, Columbia College, and then medical school at our very own New Jersey Medical School. During his cardiology fellowship at St Luke's Hospital Center, Dr. Oriscello volunteered for Army duty in Vietnam where he was the chief of staff at the 93rd Evacuation

Hospital. Upon his return, he completed his fellowship and became board certified in Internal Medicine, Cardiology, and even Critical Care! Dr. Oriscello has held many positions over the past few decades, including Coronary Care Unit Director at Lenox Hill Hospital, Chief of Medicine at St. Elizabeth Hospital, and Chief of Critical Care Medicine at both the Elizabeth General Hospital and Trinitas Regional Medical Center.

Currently, Dr. Oriscello is more excited than a patient with sustained ventricular tachycardia because he is expecting his first grandchild. Dr. Oriscello and his wife Krystina are blessed with two wonderful children. Son, Greg, who played baseball for Duke, and is now coaching football at Elizabeth High School, and daughter, Amy, who is a teacher in the Elizabeth school system, and expecting her first child in July.

When asked about a significant

challenge in medicine, he states, "The biggest hurdle in medicine is staying up to date. Medicine is a continuous learning process that requires family and social compromise to be better than the rest, i.e., to deliver the best care possible."

The most significant change Dr. Oriscello has seen throughout his career in medicine is the invention of PCI. As a young cardiologist he would get called for an acute myocardial infarction and his main role was trying to treat its complications. Never in his wildest imagination could he envision percutaneous coronary intervention for an acute coronary syndrome.

One thing Dr. Oriscello would change in the healthcare system is how we treat patients. "The lack of availability of the best of healthcare for the impoverished, and the inadequate response to the needs of the poor is appalling." This even

extends to the bedside manner of the physician. When the patient can sense genuine concern on the part of his caregiver, the potential for a better outcome can be anticipated. A kind, caring approach is light years removed from doctor to patient in the private sector, when the first question asked is: "What health insurance plan do you have?"

The advice he has for the housestaff is, "The new house officers must follow in the footsteps of their teachers during residency and know that each and every patient we encounter must be treated with compassion and respect."

Dr. Oriscello stimulates our medical curiosity and each resident who graduates the program will never forget that. We will all be able to recognize when the "T wave is being violated by a P wave."

Doctor's Day



Doctor's Day was celebrated at all three hospital sites on Friday, March 30.

Following overwhelming approval by the United States Senate and the House of Representatives, on October 30, 1990, President George Bush signed S.J. RES. #366 (which became Public Law 101-473) designating March 30th as "National Doctor's Day."



According to Wikipedia, National Doctors' Day is held every year on March 30th in the United States. It is a day to celebrate the contribution of physicians who serve our country by caring for its' citizens.

The first Doctor's Day observance was March 30, 1933 in Winder, Georgia. Eudora Brown Almond, wife of Dr. Charles B. Almond, decided to set aside a day to honor physicians. This first observance included mailing greeting cards and placing flowers on graves of



deceased doctors. Although we didn't get the day off or get the winning numbers for the 640 million dollar mega millions lottery, each of the three hospital sites had balloons, cake, and free food to celebrate this joyous occasion.



The red carnation is commonly used as the symbolic flower for National Doctor's Day.

In a profession that sometimes seems thankless, it's good to know that there is at least one day a year that doctors can be appreciated for the things we do on a daily basis!

On March 30, 1958, a Resolution commemorating Doctors' Day was adopted by the United States House of Representatives. In 1990, legislation was introduced in the House and Senate to establish a national Doctor's Day.



A Trip to the Biergarten



If you see residents smiling, joking around, and looking relaxed, they are likely graduating soon. Our newly appointed third year resident social chair, Dr. Kunal Patel, has been coordinating resident get-togethers. The most recent social outing was at the Jersey City Biergarten, Zeppelin Hall. You would think from the name there would be plants and

flowers, but this is no typical garden. It is an outdoor area where many types of beers are brewed. It is a special place where you can order beer by the liter rather than pint. As we learned from our nephrology



attendings, Drs. Miller and Yudd, solute intake is extremely important while consuming beer to avoid hyponatremia (although many of their food selections will increase your risk of coronary artery disease). Many graduating residents participated in this event, along with a handful of junior residents and fel-



lows. Resident camaraderie was enhanced, laughter was heard throughout, and everyone made it on time to Morning Report the following day. Cheers!

Spring Events in NJ/ NYC

Cherry Blossoms



Did you know that New Jersey has more cherry trees than Washington, D.C.? What is even more intriguing is the fact that the largest cherry blossom collection in the United States is in our very own Newark, at Branch Brook Park.

If you thought that you could only enjoy these beautiful flowering trees in D.C., let me save you some time and gas money by telling you the facts.

Branch Brook Park, which runs through Belleville and Newark, has more than 2,700 Japanese cherry blossom trees. Although the cherry blossoms burst into full bloom this year earlier than the expected date due to the unseasonably warm winter, you can still catch a glimpse of residual blossoms if you are lucky.

Each year thousands of visitors are awed by the beautiful colors of pink and white. The park first adopted a pink and white hue in 1927, when Caroline Bamberger Fuld donated 2,000 cherry blossom trees to the Essex County Parks system in memory of her late husband.

Branch Brook Park also holds the distinction of being the first county park in the United States opened to the public. It was designed by the famed landscape ar-

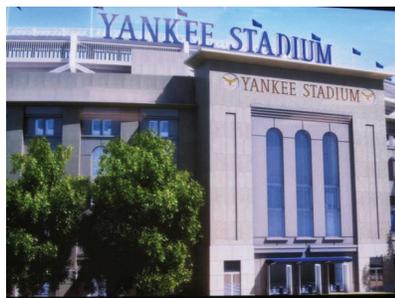
chitectural firm of Olmsted Brothers, a successor to Frederick Law Olmsted, the designer of Central Park in New York City.

Baseball season



Whether you are a Yankee or Mets fan, there will be plenty of opportunities to watch your favorite team play.

Tickets are reasonably priced (\$2- \$30) if you are willing to sit in the nose-bleed section. You can always find available tickets on www.stubhub.com. Otherwise, you can catch the game on their respective TV networks.



If you're visiting Yankee Stadium, you may also want to check out the *Baseball in the Bronx* exhibit nearby at The Bronx Museum of the Arts.

Kayaking on the Hudson River

Kayaking on the Hudson is a free program offered by The Downtown Boathouse, a volunteer-run nonprofit organization



dedicated to providing free public access to the harbor in New York City through public kayaking programs. You do not need to have any prior kayaking experience or have taken any of the classes. You can take one of the kayaks out for a short 20-minute paddle inside the protected embayment in front of the boat-house. They will provide you with a life jacket, a kayak, a paddle, and some tips on paddling. You will need to stay inside the protected embayment and out of the river currents, where they can keep an eye on you, but otherwise you are on your own to enjoy the river and the sunshine.

They also offer free, short classes on a variety of kayak related topics every Wednesday at the Pier 96 Boathouse (located in the Clinton Cove Park on the Westside Highway and 56th St.). Most of the classes take place on the water and cover some basic kayak-related skills.

These programs run at all of their locations on weekends and holidays from the middle of May to the middle of October, and on many weekday evenings, weather permitting. Please go to <http://www.downtownboathouse.org/index.html>. Check the Calendar Specific dates and check the specific pages for Pier 40, Pier 96 and 72nd Street for updated info.

We Need Your Photos!



Every year, the Chief Residents are responsible for creating a photo slide show of the graduating residents and fellows to showcase at the Graduation Reception. In order to make this slide show the best one yet, we need your help! We need photos of the graduating residents and fellows hanging out with other housestaff, on vacation, in the hospital, spending time with family, and whatever else you have. Please submit your pictures either by sending them to our email account: umdnjchiefs@gmail.com, or by giving us permission to use photos on your Facebook® page. Thank you in advance for all of your help!

The Ultimate Bake Off

Every month residents rotating at all hospital sites meet together for Afternoon Tea with the Program Director. As we discuss current events in our program, we munch on snacks and drink tea.

At the VA we wanted something different from the store-bought cakes and cookies from the VA gift shop. Therefore, we decided to host our first bake-off. The initial announcement was met with groans and complaints, but as



Geena and Rinku posing with their baked goods masterpieces

soon as a prize was mentioned the residents' competitive natures came out.

Dr. Fareeha Cheema wowed us with her pecan pie. Dr. Susana Tapia made carrot cake which all the attendings loved. Dr. Lisa Patel tried

to cheat and made two dishes- brownies and pumpkin cake. Dr. Lucy Cheng thought she was competing for top chef with her raspberry tart. Dr. Anabella

Moharita went back to her roots with Venezuelan cookies AKA Polvorosas. Dr. Geena Varghese attempted baking for the first time and made M&M cookies that required power tools to break, and reminded some of hockey pucks. Dr. Rinku Patel should have won for best presentation with her cake pops.

This was the largest resident turn out ever at the VA for Afternoon Tea. Everyone sampled all of the dishes, and soon developed a sugar coma. Residents also had to vote for their favorite dessert dish. It was a close competition but the excellent tiramisu by Dr. Sender won (though the author suspects that his wife, Anya, might be the real winner).



The contestants from left to right: Slawomir Sender, Lucy Cheng, Fareeha Cheema, Lisa Patel, Susana Tapia (not pictured: Geena Varghese)



The spread



The winning dish: Sender's tiramisu

Who's Who Among NJMS Residents - Christine Orlowicz



Christine Orlowicz was born and raised in a small town called Skillman, located in central Jersey. She is the oldest of two children.

She left New Jersey for four years to attend the College of William & Mary in Virginia, where she majored in kinesiology. It was there that she discovered her love of medicine as she worked with the athletic training staff for the college's football team (Go Tribe!). She eventually tired of Virginia's terrible bagels and horrific pizza and decided to move back to New Jersey for medical school.

Christine returned to attend NJMS. In



Dr. Oriscello. She enjoyed her experience in Medicine as a medical student and decided to stay for medicine residency.

Her favorite rotation during intern year was VA Floors with Dr. Srinivasan. In her free time she enjoys playing ice hockey, reading, napping, and planning vacations.

addition to studying, she took up playing ice hockey with NJMS's hockey team, the Med Wings. She eventually decided to go in to internal medicine, after falling in love with cardiology during attending EKG rounds with

She recently went on a Caribbean cruise in January (stopped in Dominica, St. Kitts, Barbados, Antigua, Tortola, and St. Maarten). She also enjoys spending time with her cat, Sebastian, that she adopted in December. He enjoys waking her up at 4am on days off and clawing the couches while she's at work.



As she prepares for second year, she is most looking forward to having more autonomy, and not writing as many H&P's!

In the Spotlight



The Arnold P. Gold Foundation was created by Drs. Arnold and Sandra Gold along with a dedicated group of Columbia colleagues, medical educators, and community leaders. Their goal was to nurture and preserve the art of relationship-centered and compassionate care in a culture where scientific and technical expertise is often the main focus. The Gold

Foundation understands that in order to be a *complete* doctor, both science and humanism must be fostered.

We want to congratulate Dr. Ryan Chadha on being selected as a recipient of a 2012 Arnold P. Gold Foundation Humanism and Excellence in Teaching Award.

The current third year students have selected Ryan for this honor based on his demonstration of commitment to teaching and compassionate treatment of patients and their families, as well as students and colleagues.

Last year's winners were Hayder Hashim and Dhanashri Miskin. It is a great honor to have our Medicine residents be recognized and awarded for their hard work, compassionate care, and excellence in teaching.



We Work Out

American Heart Association® 

The 2012 American Heart Association Wall Street Run and Heart Walk is fast approaching (Thursday, May 31st) and so far we have recruited 29 members for the NJMS/ University Hospital team, including housestaff and attendings, and we have raised over \$1,500 to date!

Learn and Live™



Last year's team raised over \$1,100 and we are excited to have recruited more members to our team and raised more money for an important cause.

We are planning on ordering team running shirts, please contact the chiefs if you are interested in ordering one.



March Madness



win because the prize included a call/jeopardy free month!

This is the time of year when the NCAA tournament occurs and everyone is eager to win their bracket. Here at NJMS, though, we compete with our brains, not our brackets. This was our second annual March Madness where residents are grouped into teams of 4-5 to answer internal medicine questions.

The residents studied hard to

After the preliminary round, the winning teams from each site gathered at University Hospital to battle for the grand prize. This year's winning team hailed from the VA and included: Ashwin Babu, Susanna Tapia, Hadi Bhurgri, and Wayne Shaw. University Hospital was represented by Rinku Patel, Miranda Tan, and Shira Saul. The winning team at HUMC was Sreelatha Naik, Natalie Furka, Monica Holbein, Steve Kim, and Roopa Roy.



The competition was fierce and you could feel the tension in the air. It was a close game but ultimately, the team from the VA won by a hair. We find a little competition is always



effective in motivating our residents to read! We already look forward to next year's competition!!

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



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

Distinguished House Staff Awards

January:

Lucy Cheng
Alex Rios
Ehsan Hazrati
Natacha Tessonno

February:

Ryan Chadha
Stephanie Kim
Tariq Niazi
Ying Margie Tang
Sean Bednarz
Natalie Furka
Gyongyi Obi

March:

Arpita Gandhi
Aesha Jobanputra
Shashi Kapadia
Stephanie Kim
Sean Sullivan
Sophia Huang
Ralph Bernardo
Xiaolin Yu

Geena's Joke Corner



How come patients with dermatomyositis never have car problems?

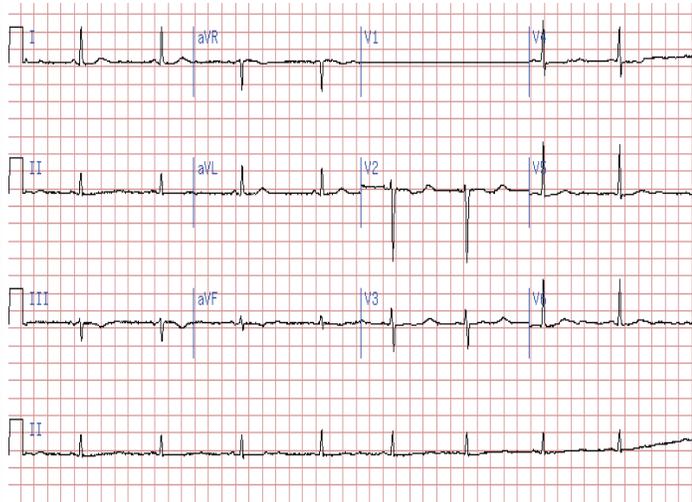


Answer: They have mechanic hands.

EKG Challenge

The ECG is consistent with which of the following markedly abnormal lab findings?

- a) $Cl^- = 115$ mEq/L
- b) Digoxin level >3.5 ng/mL
- c) TSH <0.01 uIU/mL; $ft4 = 5.4$ ng/dL (normal range: 0.93 -1.7)
- d) $Na^+ = 125$ mEq/L
- e) $K^+ = 2.4$ mEq/L



Answer: E

Important Upcoming Dates

May 3, 2012– Transition Night for all categorical interns
5-8pm in the Rosemary Gellene Room

May 17, 2012– Research Day

June 6, 2012– Graduation Ceremony at 2pm

June 6, 2012– Graduation Reception Dinner and Dance at
the Wilshire Grand in West Orange, NJ at
6:30pm

June 21, 2012- Intern Meet & Greet

July 1, 2012– New Interns start



Questions? Need to talk? Call us!



UH Chiefs

973-972-5584 or 6054

HUMC Chiefs

201-996-2591 or 2592

VA Chiefs

973-676-1000 x1873, 1874, or
2803