



Resident Connections Quarterly

Volume 2, Issue 1

Fall 2010

Upcoming CPC Presenters:

- October 28th - Catherine Koper*
- November 4th - Miranda Tan*
- November 18th - Shaun Almea & Matthew Michaels*

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Welcome Our New Program Director!



We would like to welcome Dr. Neil Kothari to his new position as our

Internal Medicine Residency Program Director! For the past 5½ years, Dr. Kothari served as the Associate Program Director at University Hospital and made regular appearances as a medicine floor team attending.

In addition to his responsibilities in the residency program, for the past two years Dr. Kothari has been the Course Director for the Physician's Core course at New Jersey Medical School. The course spans the two years of basic science education and the curriculum encompasses all the aspects of medical education aside from basic sciences (e.g. physical examination skills, medical interviewing, etc.). Previously, the medical stu-

dents had rated the experience poorly, but with a complete curriculum overhaul, Dr. Kothari and Co-Director Dr. Chen have transformed the course into a favorite of the medical students.

Because of his teaching and mentorship during both pre-clinical and clinical years, Dr. Kothari has received the Golden Apple award (a student-nominated award) four times, and has been nominated every year he's been here. He was inducted into the Gold Humanism Honor Society in 2008, received the Apple Award from The Foundation of the New Jersey State Nurses Association in 2009, and received the Lester Z. Lieberman Humanism in Healthcare Award in 2009. Most recently, he was inducted into the UMDNJ Master Educators' Guild in 2010.

Dr. Kothari is a proud graduate of UMDNJ - New Jersey Medical School, and returned here after completing his Internal Medicine residency at New York Uni-

versity and a year as Chief Medical Resident at Memorial Sloan Kettering Cancer Center.

A native New Jerseyan, Dr. Kothari was born in Belleville and grew up in Montville, NJ. He currently resides in West Orange, NJ with his wife Avani and his adorable 1-year old son Alexander. Dr. Kothari has a passion for music, with a particular fondness for British indie bands. He has attended hundreds of concerts, and before his son was born, he even flew out to California to attend the annual Coachella music festival every year.

Dr. Kothari encourages all of the residents to stop by his office to become acquainted (or reacquainted!), and to call or email him if any problems or questions arise. In particular, he especially wants to hear from you if you have any suggestions on further improving our residency program!

A DAY IN THE LIFE OF AN NJMS MEDICINE RESIDENT



6am
Arrival to Hospital



7am
Bedside Rounds



8am
Morning Report



9am
Team Rounds



1pm
Continuity Clinic



6pm
Reading Time!



10pm
Liver Rounds!!

Who's Who Among Medicine Attendings - Michael Demyen, MD



Dr. Michael Demyen, a member of the division of gastroenterology, has recently been named the new Associate Program Director for the Internal Medicine Residency Program. A nearly lifelong resident of New Jersey, Dr Demyen grew up in Bergenfield and completed his undergraduate studies at The Johns Hopkins University, where he displayed fierce skills as a flanker for the Rugby Football Club. It was here that he displayed his first glimpses of gastronomic aptitude as well, as he won the school's prestigious taco eating contest. After

finishing his medical school at UMDNJ-Robert Wood Johnson Medical School, Dr. Demyen completed his residency at UMDNJ-NJMS and was honored to serve as chief resident at the East Orange VA Medical Center. He is an avid Yankees fan, and spends his spare time playing the bass guitar while Dr. Anand Srinivasan, his fellow associate program director at the VA, plays the drums. Rest assured, there is very little chance that they will both resign in order to go on tour...

Dr Demyen looks forward to assisting Dr Neil Kothari in continuing to improve the teaching, clinical, and social aspects of the residency program!

Random Northern New Jersey Fact



New Jersey has the most diners in the world and is sometimes referred to as the diner capital of the world.

Several North Jersey diners have been featured on Food Network's Diners, Drive-Ins, and Dives. Jersey City's Brown Stone Diner and Pancake Factory and Clifton's Tick Tock Diner have been featured in the past.

Coming on Nov 26th, 2010, the Food network will also feature Jersey favorites such as White Manna Hamburger

in Hackensack, NJ, and Ritz Diner in Livingston, NJ.

Not surprisingly, 23.9% of the population of NJ is obese according to recent 2010 CDC data.



ACP Challenge Bowl!

The annual New Jersey ACP Challenge Bowl is coming up and we are happy to announce our **2010-2011 Challenge Bowl Team:**

- Zhijie Gao
- Hayder Hashim
- Jison Hong
- Sreelatha Naik
- Slawomir Sender
- Susana Tapia

Feel free to congratulate them and ask them random and esoteric medical questions to help them prepare!

The date of the competition is yet to be determined, so check your email! We'd love a strong UMDNJ resident presence to cheer and support our team at this event.



Practicing Without Patients: Intern Procedure Night



Liz, Trent, Cordero and Ralph watch as Razvi demonstrates how to place an internal jugular central line.

Janeen explains the basics of arthrocentesis to Kavita and Monika



Roman shows Sean and Marijesmar the proper technique for ABG success!

Doctors, Fomites & Nosocomial Infections



Left to Right: Drs. Syed Safdar, Ralph Bernardo, Ehsan Hazrati, Roger Keshav, and Cordero Floyd.

What did the tie say to the hat?

You go on ahead, I'll just hang around!

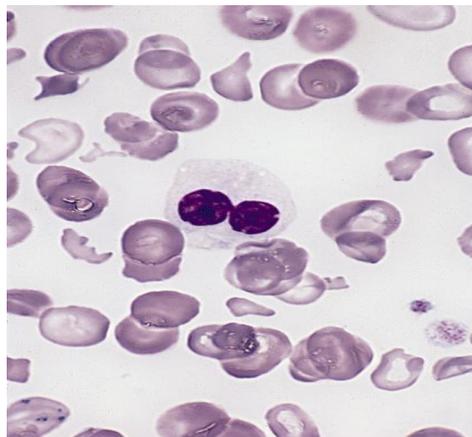


Check out the evidence:
 Dobson, Roger. "Doctors should abandon ties and avoid nose rings." *BMJ* 2003; 326 : 1231 doi: 10.1136/bmj.326.7401.1231-a (Published 5 June 2003)

A Case to Consider

A 70 year-old male presents with dyspnea, fatigue and pallor. He is noted to have some mild bruising on his extremities and a macrocytic anemia. The peripheral smear is shown on the right.

Name the diagnosis: _____



What test is necessary to confirm the diagnosis?

What characteristic finding associated with the diagnosis is illustrated in the peripheral smear?

See answers on page 8

More from Roman . . .



How do you write zero in Roman Numerals?

Why do they use sterile needles for lethal injections?



"Nurse, get on the internet, go to SURGERY.COM, scroll down and click on the 'Are you totally lost?' icon."

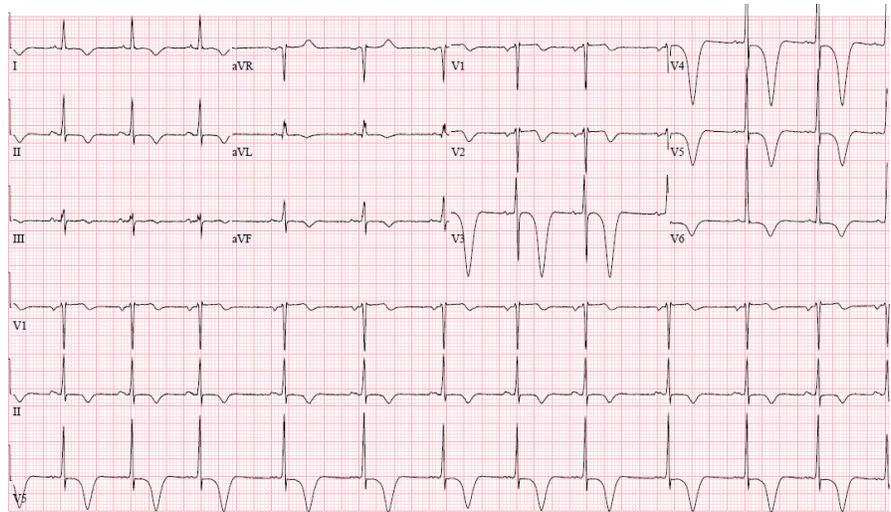
EKG Challenge

Identify the abnormality on this EKG.

What is the etiology of the abnormality?

What should be done next?

See answers on page 8



Intern Meet and Greet!



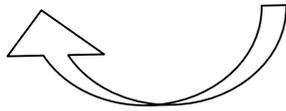
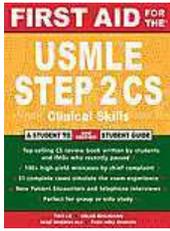
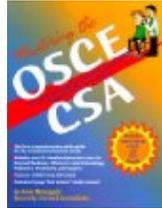
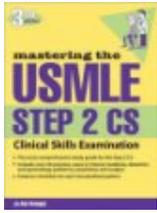
Cyrus presented our Welcome basket lottery prizes to winners Birju Bhatt and Liz Vasallo-DeLuca!



The Boat House in Verona Park was the setting for our recent intern meet & greet this year on June 17th. The successful welcoming was hallmarked by a delicious barbeque feast, spectacular views of the park and fountains, softball, frisbee, and of course plenty of chitter-chatter and mingling. Thanks to all of our interns, residents and attendings for making this a memorable introduction to the 2010-2011 academic year.

Don't Forget! Mini-CEX

Mini CEX November 10, 2010



What the heck is a Mini CEX? Do you remember Step 2 CS? It's similar to that, but with fewer stations and only lasts one hour! There are 4 stations with standardized patients. This is your opportunity to show off your clinical skills. It is also an ABIM-mandated graduation requirement to show that you can take care of your patients.

The Mini CEX will be given in the beige buildings across the street from the DOC parking lot in the clinical skills center. It is in the same row of buildings that house GME, parking, and pagers. Remember to check your e-mail to see when you are taking it. Please arrive 10 minutes before your scheduled time.

Remember these? If you're the kind of person who likes to have a book to review, grab a CS book and flip through it. It'll refresh your memory and make you thankful you don't have to do another entire day of standardized patient tests!

NJ Fun Facts

- New Jersey has the highest population density in the U.S. An average 1,030

people per sq. mi., which is 13 times the national average.

- The first baseball game was played in Hoboken.
- New Jersey is the only state where all its counties are classified as metropolitan areas.
- North Jersey has the most shopping malls in one area in the world with seven major shopping malls in a 25 sq. mile radius.
- New Jersey has over 50 resort cities and towns, some of the nations most famous, Asbury park, Wildwood, Atlantic City, Seaside heights, Cape May.
- The light bulb, phonograph (record player), motion picture projector were invented by Thomas Edison in his Menlo Park laboratory.
- The first intercollegiate football game was played in New Brunswick, in 1869. Rutgers College played Princeton. Rutgers won.
- Tourism is the second-largest industry in New Jersey.
- The honeybee, *apis mellifera*, is the New Jersey state bug.
- Atlantic City is where the street names came from for the game Monopoly



Fun Facts from 50states.com

NJMS Internal Medicine Coffeehouse!



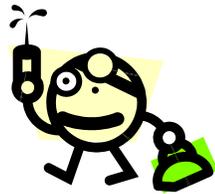
Attention Residents, Fellows, and Attendings!

Do you sing? Play an instrument? Tell stories or jokes? Do sketch comedy or improv?

WE NEED YOU for our first (and hopefully annual!) Internal Medicine Coffeehouse to be held in January 2011!

Interested? Please email umdnjchiefs@gmail.com and let us know what type of act you'd like to perform!

Coming Soon... Career Day! October 26, 2010



Are you thinking about life after residency? Want to know more about the life of a (insert physician type here!)? Want some help putting together a CV or personal statement? The Ninth Annual Career Night is scheduled for October 26, 2010 from 5 to 7:30pm at the Rosemary Gellene Room.

Don't miss your chance to speak with physicians specializing in a full range of subspecialties and primary care!

Fellowship directors and other attending physicians will be on hand from the following departments: Allergy and Immunology, Cardiology, Endocrinology, Gastroenterology, Geriatrics, Hematology and Oncology, Infectious Diseases, Nephrology, Pulmonary and Critical Care Medicine, and Primary Care.

The evening will include a panel discussion regarding fellowship training and the interview process, round-table discussions focused on the various specialties, and mini-workshops on CVs and personal statements. There will be two round-table discussion and workshop sessions (each running about 30 minutes), so residents will have the opportunity to chat about different career paths.

Come hungry for information and dinner! Looking forward to seeing you there!

Research Update

Dr. Zhijie Gao is currently engaged in research with Drs. David S. Siegel and David H. Vesole at HUMC, tackling the problem of Relapsed/Refractory Multiple Myeloma. The abstract titled "Vorinostat overcomes Lenalidomide / Dexamethasone and Lenalidomide / Bortezomib / Dexamethasone resistance in relapsed/refractory multiple myeloma," was recently submitted to the American Society of Hematology.



Dr. Hayder Hashim, currently has two case reports submitted for review to the 2010 Tri-State ACP competition, titled "Bilateral urethral obstruction following TURBT, obstruction mimicking interstitial nephritis" and "Thyrotoxic hypokalemic periodic paralysis: a case of 23 year-old Filipino male." In addition, Dr. Hashim, in collaboration with Drs. James Maher and Michael Kasper, also submitted to the journal CHEST, a case report entitled "Posterior mediastinal thymic cyst: a case of 64 year-old female with syncope."

Poetry Corner

Together

By Anish Doshi, MD (PGY-1)

Open your arms, open your arms
The nonexistent arm of the young girl
in the nation we coin third world,
holding her baby with the only arm she had
is the remembrance I had
on my trip to realization
I realized that while we are concerned regarding how we look
or whether to get a breast augmentation,
these children are contemplating
to eat their food today or tomorrow in moments of severe starvation
while we complain about our small abrasions
they bleed for help through their deep lacerations
Do you want to hear satisfaction in our great nation?
Five utensils used at a five star restaurant
with five different waiters serving your five course meal
Have you ever thought about helping five starving children,
who haven't seen past five streets,
or read five books
or even eaten five meals?
How do I deal
when I see children of my great land
being taught to throw away and waste,
while children abroad are fighting everyday to preserve and save
the very little they have,
yet they never complain,
but rather smile and laugh
Together!

Let's change our moralities
To end this animosity
And value generosity
Open your arms

Let's change our mentalities
To spark some curiosity
and envision those in poverty
Open your arms

Let's change our philosophies
To help others with adversity
And live for humanity

Taking 30 minute unneeded showers,
decorating our houses with a myriad of flowers,
the abundance of food we so eagerly devour,
our concept of "ours",
and we call this power?
Rewind...

A bucket of water to suffice for a whole family,
flowers picked out by a poor father for his daughter's wedding ceremony,
the small amount of food they consume so tastefully,
their concept of not just me, but everybody
Together!

On my trip, I realized
I even opened my eyes
in this world that is so blind,
but now together, yes, together,
let us open our arms
Open your arms

Who's Who Among Medicine Residents - Ruchi Kumari, MD

PGY-1 intern, Ruchi Kumari, grew up in Piscataway, New Jersey. She unsurprisingly attended Piscataway High School, and thereafter went to Rutgers University in New Brunswick, where she majored in Microbiology. Her fascination for all things microbial and deep interest in the human condition brought Ruchi to New Jersey Medical School (UMDNJ-NJMS), where she continued to thrive on the Krebs cycle, while adapting to the newness of medicine and its accomplices. During the summer after her first year, she had to the opportunity to travel to a rural part of South India, where she learned about varying healthcare systems and the cultural and socioeconomic influences on medicine.



When she's not putting in orders, dictating discharge summaries, or referencing *Harrison's*, Ruchi enjoys spending time with her patients, family and friends. She's also developed a new-found interest in photography, which she hopes may someday help pay off her loans.

Some quick, random, but interesting facts about our intern: first off, she used to be a host for a children's television show called *Kid's Korner* – and secondly, her enchantment with horses led her to become an executive member of the Rutgers Equine Science club, where she not only had the opportunity to ride but also participated in some local research on improving feed types.

Upcoming Events in Northern New Jersey

Halloween:

Monster-Mini golf – An indoor monster themed glow in the dark 18-hole miniature golf course with locations in Fairfield and Paramus. www.monsterminigolf.com
Scariest Haunted House ever! At the NOHO Event Center, 623 Broadway at Houston, New York, NY www.hauntedhouse NYC.com

Sports:

New Jersey Nets- Special discounts for UMDNJ residents: Tickets to see the Nets at Prudential Center in Newark starting at \$10. Games include: Nets vs. Pistons (10/27), Nets vs. Kings (10/29), Nets vs. Bobcats (11/3) and Nets vs. Cavs (11/9). For information, call Ken Dorsett at 201-635-3414.
New York Marathon- Nov. 7th – cheer on runners in the 26 mile course which ends in Central Park. Soon after Halloween, many runners run in costume!

Entertainment:

Phish will be playing their annual 3 day New Year's eve concerts in Madison Square Garden (12/30, 12/31, 1/1)
Wellmont Theater in Montclair, NJ is the local place to go for a variety of shows! **Margaret Cho** (11/4), **Indigo Girls** (11/5), **BB King** (1/6).
Papermill Playhouse in Millburn, NJ is showing **Hairspray** (9/22-10/24) and **Les Miserables** (11/19-12/30)

Special Events:

An Evening of Hot Chili and Cool Brew at the Newark Museum. Enjoy beer and chili with proceeds benefiting the Newark museum on 10/21. \$50 per person. www.newarkmuseum.org

Resident Social Events

HALLOWEEN PARTY– check your email for details soon!



EZZY'S ANNUAL THANKSGIVING FEAST— **Saturday, November 13th @ 7:30 pm**, please bring your fave side dish or drink of choice, Ezzy will supply the thanksgiving classics— RSVP to Mike Esrick (PGY-4) : Ezzy18@gmail.com



ANNUAL DEPARTMENT OF MEDICINE HOLIDAY PARTY—**Saturday, December 4th** at The Westmount Country Club, expect invitations soon by mail.

BIRTHDAYS:

October:

Natalie Furka, Morium Akthar, Yetunde Daniel, Cordero Floyd, Laura Abrams, Daniel Zakhary, Roger Keshav, Ike Onyenemezu, Michael Cho, Ahmar Jafary, Janeen Miraglia, Sherry Sheppard, Lauren Parker, Timothy Meehan, Aasma Riaz, Steven Morrow, Tony Tarchichi, Rinku Patel, Wayne Shaw, Lia Mattarese, and Roman Spivak.



November:

Chine Abanonu, Kavita Gupta, Miranda Tan, Jessie Gao, Yuri Jadotte, Irene Hwu, Gaurav Budhrani, Timothy Kowal, Xiaolin Yu, Lauren Blackwell, and Leidy Soriano

December: Minal Ahson, Margaret Aldrich, Oladayo Bolarinwa, Susana Tapia, Gyongyi Obi, Daniel Salazar

RCQ brought to you by :

Chief Residents—Molly Barry, Laura Robinette, Janeen Miraglia, Cyrus Yau, Roman Spivak, Katherine Kim, and Razvi Razack.

Program Director— Neil Kothari

... And the “Letter Q”!

Suggestions?

Please send them to umdnjchiefs@gmail.com

UH Chiefs- Phone: 973-972-5584 or 6054

HUMC Chiefs- Phone: 201-996-2591 or 2592

VA Chiefs- Phone: 973-676-1000 x1873, 1874, or 2803



Patient Care, Teaching, Humanism, Professionalism

We're on the Web!
www.umdnjim.com

Distinguished House Staff Awards July-September:**July**

Interns: Ralph Bernardo
Ruchi Kumari
Seniors: Sreelatha Naik
Marlyn Fernandez
Inderpreet Singh

August

Interns: Minal Ahson
Dhanashri Miskin
Alice Hon
Cordero Floyd
Seniors: Hayder Hashim
Catherine Koper
Neil Mody
Anabella Moharita
Jose Churrango
Dorothy Castro

September

Interns: Matthew Michaels,
Madiha Tufail
Walson Metzger
Seniors: Natalie Furka
Kamran Ahmed
Adam Raskin

Answers to “*A Case to Consider*” (p. 3)

Diagnosis: Myelodysplastic Syndrome

Diagnostic Test: Bone Marrow Biopsy

Peripheral Smear Findings:
Pseudo-Pelger Huet Anomaly



Answers to “EKG Challenge” (p.4)

What is the abnormality?
Cerebral T waves

Etiology: acute cerebral disease (eg. Intracranial bleed, CVA, etc.)

What to do next? CT head

UH Resident Council

The following residents were elected as the Department of Medicine’s representatives to the Resident’s Council:

Medical Executive —Samia Ibrahim
Ambulatory Care —Anabella Moharita
Infection Control—Yuri Jadotte
Institutional Review Board—Rene Paulin
Procedure Review—Steven Kim
Medical Informatics—Aleksey Tentler
Oncology—Samia Ibrahim
Quality Improvement—Hayder Hashim

Don’t Forget!

Seniors - ABIM exam registration begins December 1, 2010. Deadline to register for 2011 Exam is February 15, 2011.

Interns - Mini CEX—November 10th.
Also, remember to take Step III!

**JCAHO Reminders**

We will be visited some time this year, so remember to follow these important rules:

- Wash your hands before and after each patient encounter – if visibly soiled, use soap and water.
- Sign, date, and time your notes, orders, and anything else you write in the chart within 24 hrs. Make sure to print your name clearly or use your stamper
- NO unapproved abbreviations: D/C, MgSO4, MSO4, OD, qd, qHS, QOD, SC, U, IU, cc.
- Never write a zero after a decimal point (write 2mg, NOT 2.0mg)
- Make sure you have a zero before a decimal point (write 0.2mg, NOT .2mg)
- Do your medication reconciliation form on admission and discharge
- Every H&P must be completed in 24hrs by a physician, not a med student
- Dictate your charts within 48 hours of discharge
- Don’t talk about patients in the elevators or in any other public places