

Resident Connections Quarterly

Rutgers NJMS Internal Medicine Residency Program

Volume 11, Issue 1

Academic Year 2019-20



HUMC Holiday Party 2019

Fellowship Match, Class of 2020

After years of hard work, countless interviews, living out of a suitcase while flying from coast to coast, and even an instance of choking on applicant lunch (Rastko was being a team player allowing other applicants to show off their critical care skills), the match process culminated with a very exciting and nerve-racking day on December 4, 2019. After frantically refreshing our email at 11:59am, members of our program were delighted to learn the outcomes of a process several years in the making.

This year, we celebrated successful match outcomes for 25 of our current third/ fourth year residents and chiefs. This year it was a very diverse field of applicants, although for the third year in a row Cardiology applicant continue to outnumber others. In summation, we matched into the fields of allergy/immunology, cardiology, gastroenterology, nephrology, hematology/oncology, endocrinology, geriatrics, sleep medicine, rheumatology, addiction medicine, and pulmonary/critical care. We matched at a lot of familiar places, in addition to new programs, further expanding the geographical footprint of Rutgers NJMS.

We had a great time at the Match Day party at Dave and Busters as we all got to congratulate our colleagues on their accomplishments and reflect upon the process.

In This Issue:

- Fellowship Match1,2
- Interns Retreat.....2
- Career Night.....3
- Procedure Night.....4
- Covid 19 Challenge.....5
- NJMS Faculty Feature.....6
- Ultrasound for Internists...7
- Image Challenge.....8

Fellowship Match (Continued)

Resident	Specialty	Program
Arshad, Hassaan	Cardiology	Methodist Hospital-Houston
Baloch, Hafiza	Pulmonary & Critical Care	Icahn SOM St Lukes-Roosevelt
Chulani, Sunil	Pulmonary & Critical Care	Stony Brook University
Connors, Jeremy	Hematology and Oncology	MD Anderson
Douglas, Analise	Cardiology	Univ of Connecticut
Golden, Ryan	Addiction Medicine	Rutgers NJMS
Graves, Kelly	Geriatrics	Icahn SOM at Mount Sinai
Hester, Daniel	Geriatrics	Univ of Mississippi
Hajjar, Richard	Cardiology	Univ of Cincinnati
Karatasakis, Aris	Cardiology	Univ of Washington
Kuster, John	Allergy & Immunology	Yale Univ-New Haven
Motlaghzadeh, Yasaman	Endocrinology	Stanford University
Packer, Jonathan	Pulmonary/ Critical Care	LSUHSC-Shreveport
Park, Byung	Cardiology	Zucker SOM-Northwell NS/LIJ
Perez, Arturo	Cardiology	St Louis Univ
Persaud, Alana	Gastroenterology	SUNY HSC Brooklyn
Petrovic, Luka	Cardiology	Icahn SOM St Lukes-Roosevelt
Rakocevic, Rastko	Pulmonary & Critical Care	Univ Southern California
Rotundo, Laura	Gastroenterology	Yale-New Haven
Siddiqi, Abeer	Allergy & Immunology	Columbia University
Silva, Alejandro	Sleep Medicine	Temple University
Srialluri, Nityasree	Nephrology	Johns Hopkins University
Umar, Rehan	Endocrinology	Rutgers NJMS
Yang, Ronghua	Cardiology	Montefiore Med Ctr/Einstein
Zertuche, Juan Pablo	Rheumatology	Boston University



Intern Meet and Greet, Class of 2022



Our last annual Intern Meet and Greet was held on June 21, 2019 at the lovely Verona Park Boathouse. This event is one of our favorite traditions. After enjoying delicious food, our new interns enjoyed team building activities on the Boathouse lawn. We were joined by many of our residents, faculty members and their families. The event has always served as an exciting beginning of a new academic year. We are honored to welcome the new interns and excited to see what this year has in store!

DEC.
12RUTGERS
New Jersey Medical School

Career Night

18TH ANNUAL CAREER NIGHT



Internal Medicine Residency Program

December 12, 2019
University Hospital
H 342-349
5:00pm - 7:00pm

Participants:

Allergy & Immunology

Cardiology

Endocrinology

Gastroenterology

Geriatrics

Hematology- Oncology

Hepatology

Infectious Diseases

Nephrology

Pulmonary & Critical Care

Primary Care

Rheumatology


Highlights:

- Meet experienced faculty and learn about their career paths
- Meet program directors and learn about fellowship application
- Learn how to prepare your CV & personal statement
- Learn how to ace the interview season

This year, the 18th Annual Career Night was held on December 12, 2019. For over two hours the residents were able to gain insight on the fellowship application process directly from our NJMS Fellowship Program Directors and senior faculty. The event was moved from its typical spring time to late fall to give interns and second year residents more time to implement the invaluable advice that they receive during this face to face meeting with the people who ultimately decide fellowship rank lists. The “speed dating” format (each resident rotates through different subspecialty tables) followed by a Q&A panel session with the Program Directors was well received by both residents and faculty. All residents received a folder with information on ERAS application timelines, program specific info, and tips and tricks for a successful application.



Procedure night



**RUTGERS NJMS IM RESIDENCY
PRESENTS:**

PROCEDURE NIGHT 2019

29
OCTOBER

EOVA SIM LAB, CLEVEL, BUILDING 16
• 5PM-7PM •

Practice Blood Draws, IVs, ABGs, Arterial Lines, Central Venous Catheters, Paracenteses and Lumbar Punctures.
MANDATORY FOR ALL CATEGORICAL MEDICINE AND MED-PEDS INTERS
All residents welcome!

On October 29, 2019 we held our annual Procedure Night at EOVA Simulation Center. At that hour of the day we had to make sure that there were no shaking hands or growling stomachs while holding needles, so pizza and refreshments were served beforehand. The interns, and even some seniors, practiced some very common procedural skills, such as venipunctures, but also more invasive, procedures such as paracentesis, LP's, ABGs, A-lines, and central lines in a low stress environment. The future chiefs were instructors at each station, handling everything from teaching the techniques to pumping the carotid to make it visible on ultrasound. At the end of the night, everyone felt more comfortable with the procedures that they practiced. No needle pricks, no leaking ascites, no blown vein or no arterial vasospasm were witnessed. The mannequins had no complaints and would have congratulated everyone if they could speak.



Combating COVID: Reflections on Residency Training during a Pandemic

Having completed several rotations in the Medical ICU during the course of residency, our University Hospital MICU rotation in March 2020 kicked off no different from the others. In just two short weeks, however, it was soon to become the most memorable. The COVID-19 viral pandemic was already flooding the news and social media, with reports of devastating losses from abroad.

As the impending wave grew close, logistical changes to hospital procedures and infrastructure began at a frantic pace. The energy of the uncertainty became increasingly palpable. And just like that, the wave crashed violently on our shore.

Amidst the chaos, we adapted swiftly. Surgeons stepped in to provide care for the over-abundant medicine patients. Medical sub-specialty providers and radiologists worked side by side on the expanded MICU teams. Physicians, nurses, respiratory therapists, and nursing technicians consistently offered each other help and support each time one gowned up to enter a COVID-19 patient's room. Mobilization plans were created, modified, and executed in real-time by the chief residents, Department of Medicine and ICU leadership and hospital administration. And we certainly will not forget as the team of military medical providers arrived at our hospital, dressed in fatigues and ready to face the challenge head-on.

The level of camaraderie was remarkable. Everyone at University Hospital risked their own safety and the safety of their loved ones to walk through the doors each day, work together, and truly embody the role of an essential worker. And as a result, despite the lives lost, many were saved. I witnessed first-hand myself as the ICU teams worked tirelessly to adjust the ventilators and pressors throughout the day, provide updates to families, and eventually manage to extubate patients. The challenge was daunting, but the reward was greater.

As I write this, we have zero patients with COVID-19 admitted to the hospital—a testament to the strength of University Hospital and those who fill its halls.



NJMS Faculty Feature: Dr Emad Aziz

Dr. Emad Aziz recently joined Rutgers New Jersey Medical School as a Professor of Medicine and Section Chief of Cardiac Electrophysiology and Director of the Arrhythmia Institute at the Rutgers-NJMS University Hospital. Dr. Aziz is triple certified by the American Osteopathic Board of Internal Medicine, the American Osteopathic Board of Cardiology, and Cardiac Electrophysiology.

Dr. Aziz completed his residency training in Internal Medicine and fellowships in Cardiology and Clinical Cardiac Electrophysiology at St. Luke's-Roosevelt Hospital Center, a University Hospital of Columbia University College of Physicians and Surgeons, along with a fellowship in Advanced Heart Failure at Montefiore-Einstein Heart Institute. He is a fellow of the American College of Cardiology and a fellow of the Heart Rhythm Society.



Since coming to NJMS, there has been significant growth of the electrophysiology department with the latest innovations in rhythm management now being offered in both in- and outpatient settings.



Dr. Aziz with EP lab staff

The procedure volume of the EP lab has increased by over 400% compared to the prior year. Dr. Aziz has introduced new procedures not previously offered in the state of NJ, including the Impulse Dynamic Implantation and Wise-CRT device, through the international SOLVE-CRT trial, for advanced heart failure. University Hospital is also the first site in the state to use the newly approved MICRA AV leadless pacemaker.

University Hospital will also be one of the first institutions in the country to offer Respicardia Remedē device for central sleep apnea. In addition to the SOLVE-CRT trial, Rutgers is also enrolled in two other clinical trials: MARVEN study sponsored through NIH looking at risk factors associated with ventricular tachyarrhythmias in non-ischemic cardiomyopathy and the SAF-ILR trial studying the safety and cost effectiveness of same day loop recorder implantation vs. traditional telemetry observation for patients with unexplained syncope. Dr. Aziz has also implanted the first Micra AV in the state this February!

Dr. Aziz is actively involved in education and established an EP rotation for residents and an EP curriculum for fellows, including weekly ECG rounds as well as fostering multiple active research projects. He has extensively published, with more than 130 abstracts, over 80 manuscripts, and book chapters in peer-reviewed and professional journals. Dr. Aziz has future endeavors that include developing an ACGME accredited Electrophysiology fellowship program, comprehensive atrial fibrillation and advanced ventricular tachycardia management programs as well as introducing stereotaxis GENESIS system for advanced robotic ablations.

HOCUS POCUS - the magic of ultrasonography for internists



“Nothing will ever replace the good old physical exam and a stethoscope”, “you should know the anatomy”, “when I was a resident...” our attendings used to say. Well, they were right. But just imagine how much better our clinical skills would be if we could visualize a live representation of the functional anatomy. Is that even possible? Not only is it possible but our expert panel (read: chiefs) predicts it is going to become a standard of care in a few years.

Point-of-Care ultrasonography has been used since the 1970s by emergency physicians and trauma surgeons, but in the past two decades, it has become a part of nearly every specialty’s practice, including hospital medicine. Fast and reliable, POCUS allows us to answer our clinical question at the bedside and start treatment earlier, benefiting both the patient (getting diagnosed, treated and cured faster), hospital (shortening length of stay) and us (shortening length of stay). Diagnosing DVTs in less than 1 minute, diagnosing pneumothoraces, pleural and pericardial effusions, ascites, pyelonephritis, estimating cardiac function and fluid responsiveness, performing various procedures fast and safely, are only some of the benefits of POCUS.

With that in mind, we think it is imperative to demystify the magic of POCUS for every eager resident. Several ways to tackle this: year around attending delivered core didactic lectures, small group lectures and hands-on experience during chiefs-delivered electives, advanced hands-on experience with attending delivered electives, everyday practice during ICU rounds, and opportunity to attend the yearly official two day long intense POCUS course with the leaders in the field. Well, we have it all here at Rutgers. Not to mention that our POCUS faculty leaders are Dr. Yonatan Greenstein and Dr. Keith Guevarra who are distinguished CHEST educators for the last couple of years. To additionally emphasize the bedside teaching on an everyday basis during floor rotations, all of the hospitalist faculty from EOVA hospital successfully obtained formal POCUS training during the last month.

In the end, we invite you all to join us in learning and teaching these wonderful skills, and I promise you, it is more fun than you think. This is not a trick, but it is magic!



RCQ Brought To You By:

Chief Residents: Piyumika De Silva, Richard Hajjar, Luka Petrovic, Rastko Rakocevic, Laura Rotundo, Everest Seci, Beth Swift-Taylor

Program Director: Mirela Feurdean

RUTGERS

New Jersey Medical School



Patient Care, Teaching, Humanism, Professionalism

We're on the Web!

http://njms.rutgers.edu/departments/medicine/internal_medicine/



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

Housestaff Awards



Block 1

Zachariah Hale
Paul Della Donna
John Park
Afif Hossain
Kostantinos Damiris

Block 2

Ahmed Ahmed
Nebojsa Markovic
Christopher Oldaker
Yasaman Motlaghzadeh
Mark Forsberg
Sana Rashid

Block 3

Willy Roque
Dayna Panchal
Ryan Golden
Monica Abreu-Diaz
Dharmi Patel

Block 4

Catherine Choi
Madia Ampey
Owen Deland
Rafael Nigri
Sarah Bentil-Owusu

Block 5

Daniel Hester
Sean Hu
Analise Douglas
Carlos Rodriguez-Aponte
Kostantinos Damiris

Block 6

Toby Terwilliger
George Diseša
Ronnie Yang
Jorge Robledo
Mary Morgan

Block 7

Yi Jiang
Nitya Srialluri
Sofiu Noman
Vincent Wong
Raluchukwu Attah

Block 8

Abdul Rehman
Willy Roque
Sofiu Noman
Barbara Danek
Mary O'Connor
Vanessa Browne
Dharni Patel

Block 9

Aldo Barajas Ochoa
Nebojsa MArkovic
Sunil Chulani
Omry Zuckerman
Danilo Bacic Lima
Hyein Jeon

Announcements:

Save the Dates:

3/20/20: Residency Match Day

5/26/20 Virtual Research Day

18TH ANNUAL
DEPARTMENT OF MEDICINE

RESEARCH DAY



Tuesday, May 26, 2020

6/11/20: Graduation



DEPARTMENT OF MEDICINE
HOUSESTAFF COMMENCEMENT

Thursday, June 11, 2020
3:00 p.m.

livestream.com/rutgersiv/NJMSMedicine2020

NEJM Image



What is the diagnosis?

1. Cutaneous larva migrans
2. Erythema infectiosum
3. Cutis marmorata
4. Cold agglutinin disease
5. Erythema ab igne

Answer: cold agglutinin disease

Questions?

<p>UH</p> <p>973-972-5584 or 6054</p> <p>HUMC</p> <p>551-996-2591 or 2592</p> <p>VA</p> <p>973-676-1000</p> <p>x1873, 1874, or 2803</p>	<p>Resident Wellness Center And Excellence Center</p> <p>Ph: 973-972-5429</p> <p>http://ubhc.rutgers.edu/resident</p>
--	--