

Resident Connections Quarterly

UMDNJ-NJMS Internal Medicine Residency Program

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Winter 2012

Happy Holidays!

by Kristin Wong

As if our residents weren't festive enough, what better way to bring in the holiday cheer but to have a holiday luncheon and ugly Christmas sweater contest!

With holiday music in the background, good cheer, fresh



baked cookies from Dr. Dever, and of course, a fully catered lunch courtesy of the Dept of Medicine, the residents and faculty enjoyed good food and good company before returning to their patients and diligent work.

Be it from the ICU, ambulatory clinic, telemetry, or the floors, all the residents, fellows, and attendings came in full force to join in on the fun. Fully decked out in snow flakes and Christmas lights



(thanks night float residents!), the Johanson Conference room was the perfect place to be.

While some participated in the ugly Christmas sweater contest, some sported their holiday head gear. Even Syed Safdar tolerated wearing an elf

hat, while others used their gold card points on seizure-provoking Santa hats. The conference table was packed with heavy carbs, sausage, and chicken—just what the doctor ordered for a hearty holiday meal. All in all, everyone seemed to leave a little bit happier, a lot fuller, and slightly comatose.



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Ugly Christmas Sweater Contest

And the winner of the ugly Christmas sweater contest is...John Kern! By popular vote and in an amazingly, hideous, "Cosby" sweater, John received a \$25 gift card to AMC theaters. While it was a somewhat controversial win given that the Cosby sweater was arguably "not" a Christmas sweater, it was nonetheless THE ugliest sweater by a large margin.

He had a fair amount of competition, however. Brenda Dorcelly's traditional, button-up-holiday-gone-awry cardigan was truly reminiscent of those grade school days when one would be momentarily blinded after staring straight into the center of the teacher's snowman embroi-

dery. (Not to mention the various renditions for all the holidays.) And of course, there had to be the one resident that would take the contest to a much more literal, yet clever level - Shashi Kapadia sported his Gap sweater with the word "ugly" written in duct tape. His only flaw was that it didn't say "ugliest."



Still, if laughter and good spirits are the measure of a good day, it was indeed a great day!

Who's Who Among Medicine Attendings - Steve Tsai, MD

by Natalie Furka



Dr. Steve Tsai, a cardiologist at the East Orange Veterans Affairs, is an outstanding

teacher to medical students, residents, and cardiology fellows. Here is a look into the life of a doctor who has enriched our residency experience.

Dr. Tsai was born in Taipei, Taiwan. His family moved to the United States when he was three years old. He and his older sister grew up in Orange County, New York. Being close in age, only 2 years apart, they shared many fond memo-

ries—the most unique of which was working at the Renaissance Fair as kids!

After high school, Dr. Tsai came to the great city of Newark, a city he would call home for much of his medical training. He received his undergraduate degree at the New Jersey Institute of Technology. Upon completion of undergraduate training, Dr.

Tsai went to UMDNJ New Jersey Medical School for his undergraduate medical education. Venturing to Philadel-



phia, he went to Thomas Jefferson University Hospital for his Internal Medicine residency training. Dr. Tsai reminisces on his first moments as an intern at Jefferson; the peaceful few seconds when he first entered the ICU were abruptly ended by running his first code. Ultimately, nothing could keep him away from Newark for too long—Dr. Tsai came back to NJMS to complete his fellowship in cardiology.

Dr. Tsai notes one of his favorite memories is that of his wedding in October 2011. Afterwards, he and his wife spent three weeks exploring the islands of Hawaii. A close second, is the memory of the Annual Oriscello 5K Run where Dr. Tsai, like the rest of us, lost



to Dr. Oriscello.

The best memories, however, are the ongoing ones he is creating while working as a cardiologist at the VA. Dr. Tsai states, with gratitude, that the unique population he cares for allows him to appreciate what individuals have done to secure the freedom we enjoy everyday. We echo Dr. Tsai's sentiments and are grateful for the opportunity to learn from this outstanding leader and physician.

Who's Who Among NJMS Residents - Nneoma Okoronkwo, MD



Nneoma was born in Lagos, Nigeria where she spent the first 17 years of her

life. She has two brothers and is the second child. Her family migrated to the United States and settled in Maryland at the time she was applying to college. Nneoma eventually chose to attend Howard University in Washington D.C on full scholarship as well as admission into a combined 6 year B.S./M.D. program.

One of her early memories as a child was when she wrote an essay in 5th grade entitled, "What I want to be when I grow up." In that short paper, she wanted to become a scien-

tist and to challenge her mind and solve puzzles. As the years went on, a combination of her personal life experiences, background, and interests, as well as the influence of her mentors led her down the path of medicine. She did not totally deviate from her childhood aspirations though; it was a mature form of those dreams that eventually sparked her interest in Internal Medicine as a specialty choice.

One of Nneoma's favorite quotes is, "The beauty of life does not necessarily depend on how happy you are, but on how happy others are because of you." A huge part of her life is devoted to giving back to society, helping to make a difference in people's lives. She does this by tutoring high

school and college students, organizing food and clothing drives, participating in walks for AIDS and breast cancer, and within the last year, volunteering weekly at a free clinic for the underserved.

In her spare time, Nneoma loves to play soccer, indulge in foreign cuisine (of which Indian food is her favorite), watch basketball games (shout out to all the Los Angeles Lakers fans!), play Taboo™, do things that make her laugh (comedy shows, hanging out with friends). Currently, she is



even teaching herself to play the keyboard!

Eight months into intern year, Nneoma is loving the experience and is so glad to be a part of the New Jersey Medical School family as she says she fits in so perfectly here. She is often spotted on the floors of the VA hospital laughing at some joke, teasing a colleague or smiling for no particular reason. She has high hopes and expectations for the rest of residency as she believes it will only continue to get better. The sky is the limit!



VA Sim-Lab Now Open!

by Aleksey Tentler

On a recent Tuesday afternoon in a room at the VA, a group of residents were busy -- a 3rd year was supervising 2 interns with putting in a central line using ultrasound, another intern was squirted by spinal fluid as the needle went through the dura, while a medical student was trying to palpate the landmarks to aspirate a pleural effusion. No, they weren't working on crashing patients in the ICU -- they were working on models in our new simulation and training room.

Our very own East Orange VA was selected as a Regional Center of Innovation and is now in the process of building a state of the art simulation center to train residents, students, nurses, physicians, respiratory techs, and members of the community. The center is being built in the buildings through



the C-level tunnel (by the SATP building.) In the meantime, however, we have a smaller, temporary "center" across the hall from the 5th floor conference room.

The purpose of the center is two-fold: to allow residents to practice and get certified in IM procedures, and to enable residents to practice handling emergency/RRT-type situations and codes in a realistic, yet safe, environment.

According to the American Board of Internal Medicine, procedures done on models count towards certification. Therefore, our goal is to allow residents to become certified in every major procedure. Available procedures include blind and ultrasound-guided central line placement, paracentesis and thoracentesis, lumbar puncture, arthrocentesis, A-line placement, ABGs, IV placement (including on "geriatric" veins), intubations, foleys, nasogastric tubes, suturing, and more.

The emergency/RRT and code simulations are designed to provide residents and interns with real life simulations in a comfortable and safe environment. In the beginning, it's common for trainees to have "deer in headlight" reactions. Our goal is to have all of our NJMS residents be familiar with any type of emergent situation, and consequently, more effective internists; they'll be "finely tuned" physicians who will jump at the chance of running a code.

Once the permanent simulation center is built, it will have several areas. For the RRT/code training, it will contain a simulation inpatient room and an outpatient room, along with a control room where the instructors can sit. For procedure training, there will be a separate area with the goal of being available to residents 24 hours a day. Even night float residents will be able to come in and practice! There is also another procedure



training area that will be built in the radiology department. It will feature ultrasound-guided procedure models and be available to our residents as well.

There is a sign-up sheet posted at the VA Chiefs' Office; when you are on any VA rotation, stop by and sign up for the procedures you'd like to practice. We welcome any feedback about the simulation training or the procedure practice sessions. See you at the Sim Center!



Winter Sports in the Adirondacks

by Monika Holbein

The Adirondacks are a short 5 hour drive away from New Jersey and offer a wide variety of winter activities. NJMS residents frequent these areas as much as the snow allows.

Over Martin Luther King weekend, ice climbers from the east coast descend on the area for clinics



and to try the newest gear offered. From crampons to ice axes, and even warm clothes, they had everything one would need to face the elements. While the 2012-2013 ice climbing season has been plagued by warm weather making ice climbing tough to find, it was still an exhilarating experience that any NJMS resident would enjoy.

If ice climbing isn't your thing, Whiteface is a well-known ski resort

that offers trails for beginners to expert skiers. Or, for the more adventurous, backcountry skiing opens up new worlds to advanced skiers. Be aware though, it does require knowledge of the area especially in terms of avalanche conditions.

If you're not quite up for the challenge of backcountry skiing then maybe snowshoeing is more your speed. It's a great workout and you get to go places that you would have otherwise never been able to go. Traverse mountain peaks, wind



through forest paths, or pass by the frozen waterfalls, there will always be great scenery to behold.

These are just a few of the sports that the Adirondacks have to offer in the winter so if you're up for an adventure,

Hackensack Holiday Party

by Anabella Moharita



The holiday party was a great start to the holiday season. Residents left their scrubs and white coats at home to change into suits and cocktail dresses and enjoy a night full of food, music, and drinks!!!

Everyone including our most respected faculty hit the dance floor, and for one night forgot their stressful and busy work days. The favorites of the night included numerous appetizer stations, a wide selection of flavored martinis, a 3 course-meal and a flaming ice cream cake that was ac-

companied by pastries and chocolate fondue among other desserts. We cannot forget the photo booth with the selection of hats, glasses and other accessories.

The intention of the party was not only to have fun but also to recognize some of the Department of Medicine physicians for their 25, 30, 35 and 40 years of service. Some of the well-known recognized physicians were Dr. Hormoz Ashtyani (Pulmonary), Dr. Joseph Giangola (Endocrine/DM) and Dr. Howard B. Weizman (Nephrology), among others. The residents also honored Dr. Alexandre Ackad with the Apovian Teaching Award and recognized Dr. Thomas Salazer for the support provided to the residents' education by the Board Review class that he

organizes every year before the ITEs.

This holiday party was the most popular topic of conversation for many days after, the notable conversation pieces being: "what faculty hit the dance floor," "which resident got the most drunk," "whose date was a surprise," but even better, "how much we really didn't remember after a night of open bar!"

Some of the memories that came to residents' minds when asked how they would describe the holiday party were... extravagant (Madiha), ostentatious...it was like a "Disney Ball" (Patrick), Jose's face...inappropriate laughter (Umair) and unconsciousness (Jose). So if you didn't get a chance to go this time make sure to request your day off and attend next year's Hackensack Holiday Party!



Welcoming 2013, NJMS Style

by Miranda Tan

New Year's Eve often represents a time of reflection, reminiscing about the past year's events and envisioning the possibilities of the coming year at the stroke of midnight. It's also a time to squeeze in a few more fun memories before chalking up the year.

NJMS residents counted down to 2013 in various ways, but one common denominator was a night that was shared with friends, family, and loved ones.

NYE is invariably a night in which everyone (except those on-call) gets a free pass for misbehavior because society insists that people are born anew the next morning. Some of our residents (including myself) punctuated the year by bathing in open bar options across the tri-state area. A couple of hundred dollars guaranteed residents a night of music, partying, and unlimited alcohol to their liver's content.** (NJMS



does not condone alcohol consumption, but hey, that was last year and you're different now...).

Several residents including Hye-In Choi, Steven Kim, Oussama Lawand, Yinfei Xu, and Umair Ahmad, fist-pumped their way



into 2013 at live concerts. For those who attended the Armin van Buuren concert, residents were guaranteed an extremely potent headache the following morning, courtesy of four hours of pulsating beats mixed by arguably the world's most renowned trance DJ.

A few NJMS revelers bundled up against the winter chill during the final hours of 2012 and counted down with Anderson Cooper in Times Square. Note, this area was devoid of food stands and public toilets.

On the other end of the spectrum, a quiet night was just what the doctor ordered. Some residents avoided the crowds of people and opted to cuddle with their loved ones, television, or pillow in the comfort of their own home, like our favorite NJMS couple, Jose Churrango and Dorothy Castro. For those that were post-call, counting sheep was more important than counting down to a ball drop.

As with every holiday, disease pauses for no one and ded-



icated residents are in the hospital caring for patients. These residents will be forever championed for their valiant efforts and enabling their colleagues to enjoy themselves by not calling out sick.

After a night of champagne toasts, fireworks, and demonstrating their ability to count, residents pledged to improve themselves with resolutions. Our colleagues made promises to absolve their 2012 "I couldn't's and I would've's," to 2013 "I can and I will."

Here is a list of our top 10 NJMS resolutions:

10. Once and for all, input my duty hours daily.
9. Learn, master, and perform Gangnam style flawlessly.
8. Study more/do more research.
7. Drink less (really).
6. Save for loan re-payments, starting with this penny I found on the street.
5. Stop dining at Burger King, especially the one at UH.
4. Commence strict diet for the year.
3. Exercise regularly (attending the gym more than the usual January 1st- January 3rd).
2. Be a better doctor/person/spouse/family member.
1. Keep my New Year's resolution this year.

Welcome, 2013!

NJMS Trivia Night

by Jessica Riggs

Can you name the four top-selling female bands of all time? Or the super-bowl MVP with the highest total rushing yards? What about the Greek iconic figure that over-



looks the Rockefeller Center skating rink? "Pulmonary Toilet" can! Well, at least those first two questions...

In early January, several eager NJMS medicine residents congregated in Clifton's "Shannon Rose Pub" for a night of fierce competition, laughter and antics, and a massive pile of nachos. "Pulmonary Toilet," perhaps named after the cleansing feeling we all had after socializing with our peers and forgetting about board exams and discharge summaries for a night,

or maybe for the aggressive suctioning of useless knowledge that pooled before us, fought the hard battle and left with an impressive 2nd place title and a handful of movie tickets. So...maybe doctors don't know *everything*... but they do know how to have a great time in the midst of long winter hours and influenza crises.

Ask yourself, do you have what it takes to lay down your smart phone to test your trivia knowledge and risk embarrassment amongst your colleagues and local bar curmudgeons? That's right - no phone, AND, no phone. If you avidly recall from your mythology expertise that the statue downtown is indeed Atlas, you may need to stick with MKSAP questions.

Future Endeavors



Congratulations to our residents and their future endeavors! Through much hard work and diligence, they will continue to be the successful and caring physicians that we know and love...just with a slight pay increase.

Umair Ahmad—*Ohio State*, Cardiology Fellow, Columbus, OH

Morium Akthar—*NJMS*, Pulmonary Crit Care Fellow, Newark, NJ

Przemyslaw Bednarz—*NJMS*, UH Chief, Newark, NJ

Ralph Bernardo—*NJMS*, Hackensack Chief, Hackensack, NJ

Oladayo Bolarinwa—*New York Beth Israel*, Nephrology Fellow, New York, NY

Jose Churrango—*NJMS*, GI Fellow, Newark, NJ

Cordero Floyd—*NJMS*, VA Chief, East Orange, NJ

Natalie Furka—*Montefiore*, Palliative Care Fellow, New York, NY

Kavita Gupta—*HUMC*, Geriatrics Fellow, Hackensack, NJ

Monika Holbein—*Univ. of Pittsburgh*, Palliative Care Fellow, Pittsburgh, PA

Roger Keshav—*Univ. of Miami*, Nephrology Fellow, Miami, FL

Steve Kim—*NJMS*, Pulmonary Crit Care Fellow, Newark, NJ

Ruchi Kumari—*NJMS*, Hackensack Chief, Hackensack, NJ

Matthew Michaels—*NJMS*, VA Chief, East Orange, NJ

Celestine Nnaeto—*St. Luke's Hospital*, Sports Medicine Fellow, Bethlehem, PA

Gyongi Obi—*Univ. of Florida*, Med-Peds Nephrology Fellow, Gainesville, FL

Raj Parai—*Geisinger*, Cardiology Fellow, Danville, PA

Lauren Parker—*NYU*, Geriatrics Fellow, New York, NY

Syed Safdar—*Provena Medical Center*, Hospitalist, Urbana, IL

Fatima Samad—*NJMS*, Cardiology Fellow, Newark, NJ

Madiha Tufail—*Thomas Jefferson*, HemeOnc Fellow, Philadelphia, PA

Trent Wang—*NJMS*, UH Chief, Newark, NJ



Furka Flay



Roasted Vegetable Tostadas with Chipotle Cream

(Courtesy of Giada De Laurentiis)

Vegetables

- Vegetable oil cooking spray
- 2 med zucchini, cut into ½-in cubes
- 1 red bell pepper, cored, seeded, and cut into ½-in pieces
- One 1-pound butternut squash, peeled, seeded, and diced into ½-in cubes (3 c.)
- ¼ c. extra-virgin olive oil
- 2 tsps ground cumin
- 1 ½ tsps dried oregano
- 1 tsp kosher salt

Tostadas

- Six 6 ½ or 7 ½-in diameter corn or whole grain tortillas
- ½ c. extra-virgin olive oil

Chipotle Cream

- 1 canned chipotle pepper, finely diced
- 1 c. sour cream or refrigerated egg-free

- mayonnaise, such as Vegenaise
- 1 tbs fresh lime juice
 - 1 tsp agave

Instructions:

Vegetables: Place an oven rack in the center of the oven and preheat to 400°F. Spray a heavy baking sheet with vegetable oil cooking spray or line with parchment paper. Toss the zucchini, bell pepper, squash, oil, cumin, oregano, and salt in a med bowl. Spread the mixture in a single layer on the prepared baking sheet. Roast until the vegetables are golden and tender, 25 to 30 min.

Tostadas: Brush both sides of the tortillas with the oil using a pastry brush. Heat a 12-in nonstick skillet over med heat. Working in batches, cook the tortillas until crispy, 2 to 3 min on each side. Drain on paper towels.

Chipotle Cream: Mix the pepper, sour cream, lime juice, and agave until smooth in a small bowl. Spoon the vegetables on top of the tostadas and serve with a dollop of the chipotle cream.

In-House Connections

Congrats to our NJ ACP Challenge Bowl contestants for fiercely competing at Robert Wood Johnson in New Brunswick on February 7th, 2013. These supremely knowledgeable residents represented NJMS against several other residencies in the area in a test of their completely random medical knowledge. Trivia night anyone?



Trent Wang, DO
PGY-3 Resident



Lucy Cheng, MD
PGY-3 Resident



Sean Bednarz, MD
PGY-3 Resident



Priya Umapathi, MD
PGY-2 Resident

Techno-Medicology

by Aleksey Tentler



CPOM Goes Live!

Now that University Hospital has officially instituted computer order entry, here are a few tips on how to navigate through the system better.

- 1) Utilize Order Sets
 - We have order sets for CHF, PNA, Sickle Cell, etc.
 - Filling out the problem list first will help populate a list of suggested order sets automatically
 - Using these order sets will improve efficiency and meet “meaningful use” requirements
- 2) How to create your own “Favorite Orders” list
 - Right click on any order set and select “add to favorites” or on any order and select “add to preference list”
 - If adding to preference list, a drop down menu will appear with different order types (i.e.—medication, nursing, etc.), select one, modify the order as needed, and accept
 - Now, when clicking the “Pref List” icon, your favorite orders will appear after clicking the “only Favorites” box.

Name the Sim Man Contest!

What should the Sim Man be called?

Text **520912** and your message to **37607**

Submit **520912** and your message to <http://PollEv.com>



Prize for the winning name will be an AMC gift card!

Keep in mind that the Sim “Man” can also be a Sim “Wo-man.”

Please submit the con- tending name to the above number along with your name.

Deadline will be Mar 1.

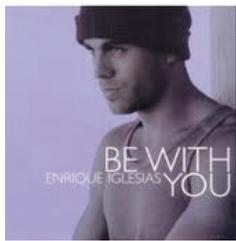
Winner will be announced at the next Afternoon Tea with Dr. Kothari!

Doppelgängers!

Ever get the feeling that you just saw them somewhere else? Perhaps it was just déjà vu... Don’t worry, you don’t need to be on G-yellow—we have doppelgängers in our midst!



Can you tell who is who? And no, they are not twins, nor are they related in any way. Natacha Tessono (left) and Lauren Parker (right) would be millionaires right now if they received a dollar for every time someone mistook them for the other.



Perhaps he’s texting one of his fans, but it seems that Enoc Fernandez (left) has a second life as a Spanish singer-songwriter, heart throb. Who knew that Enrique Iglesias (right) is interested in becoming a doctor...



As if winning several Academy Awards and directing numerous stage productions wasn’t enough, Phillip Seymour Hoffman (right) had to double as John Kern (left) in his most prestigious role yet...an NJMS medicine intern.



Ever wonder if Scott Dinneen (right) could read your mind? Perhaps its because of his alter ego, James Roday (left), who stars in the hit TV series “Psych.” The next time you see him, ask him what it’s like being a comedic private investigator.

RCQ brought to you by :

Chief Residents—Umair Ahmad, Jose Churrango, Natalie Furka, Anabella Moharita, Aleksey Tentler, Madiha Tufail, Kristin Wong

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

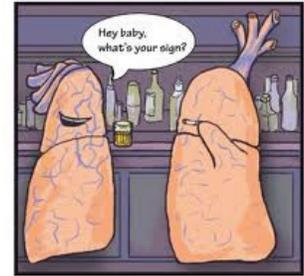
October:
Chongwei Cui
Jason Ross
Evan Grant
Celestine Nnaeto
Saritha Kartan
Sunil Kanwal
Adrian Padkowski

November:
Ipsit Pandya
Peter Ricketti
Kathleen Carstens
Luvkarnjit Singh
Rishi Mehta
Dina Khateeb

December:
John Kern
Jessica Riggs
Pavan Patel
Lucy Cheng
Arpita Gandhi

The Best Resident Pick-up Lines

How to pick-up a girl if you're a Pulmonologist.



Cancer.

- 1) "Hey baby, I'm a board certified pulmonologist...
...and I can take your breath away."
- 2) "Don't worry, I'm a pulmonologist...
...I inspect chests for a living."

Get to Know The Chiefs

Matching Game

For each correct match you get 1 point. At the end of the year, the person with the most points wins a prize!
(Answers may be used more than once)

Favorite Vacation Spot

- | | |
|----------------------------|----------------------|
| 1. Anywhere but New Jersey | A. Umair Ahmad |
| 2. Singapore | B. Jose Churrango |
| 3. Anywhere warm | C. Natalie Furka |
| 4. South Africa | D. Anabella Moharita |
| 5. Margarita Island | E. Aleksey Tentler |
| 6. Rome | F. Madiha Tufail |
| 7. Hawaii | G. Kristin Wong |

Favorite Drink

- | | |
|--|----------------------|
| 1. Vodka | A. Umair Ahmad |
| 2. Water | B. Jose Churrango |
| 3. Sugar Free Red Bull | C. Natalie Furka |
| 4. Mojito | D. Anabella Moharita |
| 5. Port | E. Aleksey Tentler |
| 6. Beer | F. Madiha Tufail |
| 7. Passion Fruit Ice Tea from Cheesecake Factory | G. Kristin Wong |
| 8. Tropical Smoothie from Cheesecake Factory | |

Submit answers to the Chief's office with your name by Mar 1.
Answers to come at the end of the year...

Important Dates

February 14, 2013—Happy Valentine's Day!

February 18, 2013—President's Day



March 1, 2013—ABIM Late Registration Closes

March 4 & 12, 2013—Uro-Gyn Examinations

March 29, 2013—Easter Weekend Holiday

April 2, 2013—Fellowship Career Night

May 23, 2013—Research Day

June 6, 2013—Graduation Day!



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