

Resident Connections Quarterly

Rutgers NJMS Internal Medicine Residency Program

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Winter 2017

Beating the Intern Blues

By Mohleen Kang

The first day of intern year is often filled with excitement, curiosity, purpose and some amount of trepidation. It is an important year that many argue is the steepest learning curve physicians face during their careers. Time flies and before we realize it, those 'deer-in-the-headlights' interns start gearing up for their first day of second year. Very few people, though, emphasize this next transition period, which is another small hill for interns to conquer, who by now have mastered the skills of note writing and putting in obscure orders. Many residents have expressed the desire for better preparation for the transition into the role of a senior. With this objective in mind, the Department of Medicine organized its first ever (and hopefully annual) Intern Retreat on Saturday, February 11th, 2017 for all categorical internal medicine and med-peds residents. With shorter daylight hours and less outdoor time during the winter, we also hoped to add some radiance, warmth and fun into the lives of our interns.

The interns were excused from their clinical duties and spent the day at Escape the Room in Hackensack, NJ. Thirty two residents started the day by trying to figure out the clues and solve a mystery puzzle to earn their freedom and "escape the room" in 60 minutes. Even though neither of the two teams made it out in time, they had an enjoyable time and learned important lessons in communication skills. The interns then spent another hour split into teams in "Minutes to Win It" games. The competitive nature of the interns was clearly on display but they also cheered loudly for the other teams.

"Be a rainbow in someone else's cloud."

- Maya Angelou

After lunch, which was spent reflecting on the joys and tribulations of intern year, the chief residents led sessions designed to help the interns make a successful transition into not just their senior years but also their future careers as independent practitioners. Topics included actions the interns should start taking now to practice skills necessary for senior year (advice and words of wisdom courtesy of current senior residents), the qualities of a great senior resident, and how to give feedback. The day was filled with lots of laughter but also moments of gratitude, especially for senior residents who were back in the hospital covering shifts for the interns. Take a look at this happy group!



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A Few More Memories from the Intern Retreat...



Fellowship Match 2016! By Larysa Sanchez

Congratulations to everyone on an **outstanding** fellowship match this year! For those of you gearing up for the upcoming fellowship application cycle, below is a rough timeline to keep in mind as you begin preparing:

March/April 2017: Update your CV. Are there any projects you haven't submitted yet? Do it now! You still have enough time to get posters and manuscripts accepted! Start working on your personal statement and begin thinking about who you're going to ask for letters of recommendation. By the end of April, ask for your LORs to ensure that they are uploaded to ERAS by July 1st.

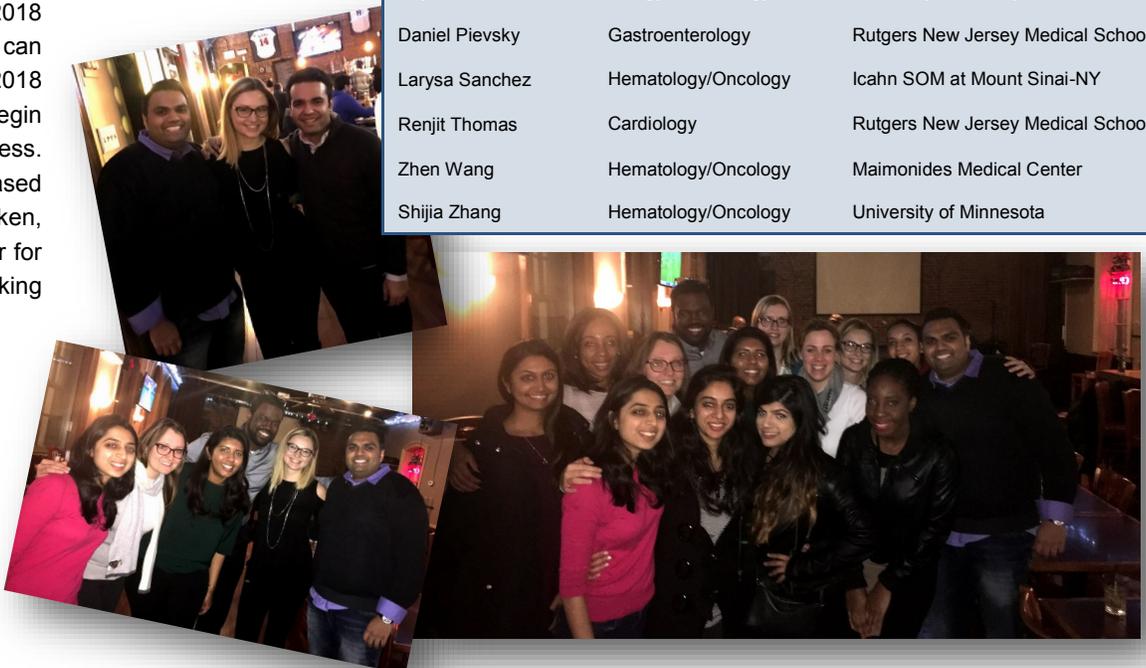
May 2017: Finish your personal statement! Make sure others have read it, the more constructive criticism you receive the better (I had at least 10 drafts before mine was complete, ask Jill). Compile a list of programs you'd like to apply to.

June 2017: ERAS 2018 Season begins! You can request your ERAS 2018 Fellowship token to begin the application process. Once you have purchased and received your token, you'll be able to register for MyERAS and start working on your application.

July 2017: Time to submit your application! Best of luck!

Don't forget, reach out to your fellow 3rd years for advice (before they're all gone!).

Resident	Specialty	Program
Joseph DeRose	Infectious Diseases	Temple University
Jill Deutsch	Gastroenterology	Yale University
Christopher Estiverne	Nephrology	Brigham & Women's/Harvard
Rishabh Gulati	Gastroenterology	University of New Mexico
Tasnim Imran	Cardiology	Boston University
Vivek Joseph	Rheumatology	Drexel University
Mohleen Kang	Pulmonary/Critical Care	Emory University
Sarah Lee	Hematology/Oncology	Cleveland Clinic
Sobia Nizami	Infectious Diseases	New York University
Carlos Osorio	Pulmonary/Critical Care	Rutgers RWJ Medical School
Kalpesh Patel	Gastroenterology	Rutgers New Jersey Medical School
Monali Patel	Cardiology	Rutgers New Jersey Medical School
Priya Patel	Allergy/Immunology	University of Pennsylvania
Daniel Pievsky	Gastroenterology	Rutgers New Jersey Medical School
Larysa Sanchez	Hematology/Oncology	Icahn SOM at Mount Sinai-NY
Renjit Thomas	Cardiology	Rutgers New Jersey Medical School
Zhen Wang	Hematology/Oncology	Maimonides Medical Center
Shijia Zhang	Hematology/Oncology	University of Minnesota



Who's Who: Dr. Amesika Nyaku

By Joseph DeRose

You may have noticed a new face wandering the halls of University Hospital, making rounds with the ID fellows, offering up her vast knowledge as you and your team struggle to make a diagnosis and asked yourself “who is that?” Well, most likely it is Dr. Nyaku, who joined the Rutgers New Jersey Medical School Infectious Disease faculty in July 2016.

Growing up in Houston, Texas, Dr. Nyaku's dream was to live in multiple cities throughout the United States. This led her to the Windy City (Chicago, IL) to attend Northwestern University for her undergraduate years. She fell in love with the Midwest and placed her “jumping around” on hold to complete her entire medical training at Northwestern. After completing her training, the travel bug bit once again and she decided to take the plunge and move to the East coast, where she now holds a position on the ID faculty here at NJMS.

When she was younger, Dr. Nyaku “always knew” she was going to be doctor. She was drawn to the field of Internal Medicine because of the complexity of medical problems and the continuity that she has with her patients. During medical school, she had the experience that many of us can relate to when she fell in love with a specialty after hearing “dynamic” lectures from the faculty. In her case, it was the Infectious Disease faculty at Northwestern who led Dr. Nyaku to pursue her ultimate career path. While in her residency, she began to see the disparities in HIV that related to health outcomes for racial and ethnic minorities and it was then that Dr. Nyaku decided to work closely with these patients to try and close the healthcare gap. Ultimately, she decided to spend an extra year at Northwestern after fellowship to obtain a Masters in Clinical Investigation. This has provided her with the critical skills in study design and statistical analysis which she has brought with her to Rutgers and is now utilizing in our clinical research program through the AIDS Clinical Trials Group and the HIV Prevention Trials Network.

While getting to this point in her career was not easy, Dr. Nyaku says she would not be where she is today without the influence of her great grandmother. Dr. Nyaku's father is Ghanaian and when she was in elementary school, she had the opportunity to live in Ghana for about a year. It was at that time when she was able to spend time with her great grandmother, who was one of the first women to graduate from college in Ghana. As she puts it, “I remember how she was revered in our family and in the community because of her determination to break down barriers for women and treat everyone with dignity and respect.” I am sure that her great grandmother would be proud of all that she has accomplished.



When Dr. Nyaku is not running around seeing ID consults or helping with HIV research, she can be found exploring New Jersey and taking care of her and her husband's four cats. As she says, “my family is similar to that of the Brady Bunch, but with cats!” Since she is new to the East Coast, she is always looking for suggestions for places to visit, restaurants and local events...so if you see her in the hallway make sure to let her know!

Who's Who: Dr. Richard Hajjar



I grew up in northern New Jersey in a town called Ridgewood. From a young age, I made a point to discover every aspect of it. First armed with my tricycle, I would venture to the other homes on my block and ride down their driveways. At the time, I felt that it was my duty to explore and meet others. I guess my personality was shaped from a young age. Anyway, as I grew up I was able to upgrade to a real set of wheels. I would spend my weekends racing into town to explore each shop in its unique setting. I'm sure it comes as no surprise that I went to work in a pizza shop in 6th grade. After discovering everything in my town – I needed more, so I became a Boy Scout. Yes, a Boy Scout, merit badges and all. At first, I was embarrassed – and looking back, I cannot figure out why.

Boy Scouts cultivated my sense of interest, and showed me a whole world ripe for exploration. Armed with my guidebook, I began to venture into the woods (believe it or not there are woods in NJ). As I ascended in rank, I became responsible for other scouts during our expeditions. Teaching them everything I learned was a very rewarding gift. I learned that I had a knack of connecting with people and fell in love with influencing the lives of others in a positive light.

As time went on, I ended up going to DePauw University in Indiana. On the surface it seems random, however, I wanted to explore

the Midwest. I studied biochemistry and ended up meeting my wife-to-be during my sophomore year. While in college I took it upon myself to discover as much of the world as possible. From the Galapagos to China to Europe, I continued to cultivate my childhood obsession. Following college, I took my first job in Alzheimer's research at RUSH University in Chicago. My job was to travel to people's homes in the Chicago area and work to enlist them into a study. As I met with each of these potential participants, they would ask me about their disease, and I felt ashamed that I didn't have a suitable answer. Yes, I could grab a book and read about some quick facts regarding the ailment, however, I would not understand it. I wanted to help these people. This made my next decision easy: to go to medical school, and so I enrolled in St. George's University.

During my third year as a medical student, I suffered a great loss following my surgery rotation. In order to regroup myself, I had to take two weeks off from my studies. The tragedy opened my eyes to the patient experience; and I further learned that much of a patient's day revolves around those precious few minutes we spend with our physician. As I started my internal medicine rotation, I felt a new energy despite this trauma.

I could not be happier that I have found a home here at Rutgers. I will continue to explore, teach, and help to influence others. These next three years are only the beginning!

Rich's Hidden Talent? ... Heroic Harmonica Player!

"It all began with my brother (who is much cooler than I am). We were on a road trip together to upstate NY back in the day when I was initially thinking of medical school. As a cooler younger brother, his sense of music was far superior to mine and he opened up my world to Henry Saint Clair, also known as Taj Mahal — the dude who inspired me to begin my harmonica pursuit. Now, I play every day and can even play in traffic!"



The Hidden Talents of Our Residents

By Priya Patel

Very often I find myself amazed, energized and inspired by some of the incredible things our colleagues do outside of medicine. Let's showcase some of the hidden talents of our residents! Can you guess which resident has which of the talents below? [Answers are on the next page]

A. Food Blog Extraordinaire

I wouldn't even call it a blog. It started out as a simple competition when I moved in with two of my childhood friends during my 2nd year of residency. One of them used to watch the show "Chopped" on food network and cook some nice stuff to brag to us. He got so annoying that our competitive spirit kicked in and we started having a cook off. One of us would cook our "meal of the week" to have it judged by the other two. We did it all year and eventually the meals became more and more complicated. That's how [the name of my food blog] "127_copt!" was born...(127 was our house number.) On the right is a picture of Classic Baked Chicken with Caesar Salad.



C. The Poet

I originally became interested in writing during high school, however it wasn't until college that my writing began to take the form of structured poetry such as sonnets. I believe that the structure of the piece, for example free verse versus sonnet, is just as important as the content of a poem. In other words the two can purposely contradict or complement each other. Writing is a great tool to express yourself, but to also share experiences that other people may be going through.

**He stood there – peering down the black abyss,
Unable to see the actual depth of
The water. After staring long enough
He began to see what resembled her,
Her reflection that is, in the water.
He lifted and dropped a round gray stone
Down the well – the bottomless pit. The stone
Never made a sound. It was quietly
Engulfed by the darkness. Though he did
See the stone distort her image for only some
Moments. He placed both his hands in their own
Respective pockets and pulled out a ring
With the right and a coin with the left hand.
He paused and thought and threw the right one.**

B. The Violinist

I was three years old at a concert when I pointed to the violinist and said, "I want to play that." My mother took it to heart and found me a violin teacher. I remember when I first played for him - how strange he seemed at the time. Here was this ancient man (really only in his 70s) sneezing and sniffing because of a bad cold, telling me to play with more confidence. Little did I know he would become like a grandfather to me watching me grow up and go off to college. The years of violin lessons/practice evolved into competitions, recitals, concerts and I got to meet some really fascinating people along the way. When it came time for college, I realized I enjoyed playing the violin for myself because it allowed me to forget about the real world for just a moment - my form of stress relief. I also play the violin now for the memories/emotions I associate with each piece of music, Some are happy, some are sad, most are combinations of everything else in between.



D. The Hip Hop Artist

I was part of the hip-hop and breakdancing crew Project Fresh at the University of Notre Dame where I performed in several cultural events including Black Images, Latin Expressions, and Asian Allure. I mastered several freezes, sported an awesome top rock, and spent most of my nights dancing to Santigold!



Wellness Program...

2. Walking for Wellness: Because who doesn't love a good competition? The goal is to spend a little more time on the stairs and a little less time in the elevator. This GME-wide competition awards winners from each department on a monthly basis, and a grand prize for the winner across all departments at the end of the academic year. If you are using a FitBit or iPhone app, simply send a screenshot of your steps and flights for the month to your loving Wellness Chief!

3. Yoga for Residents: A formal 30 minute slow flow yoga class is beginning at the gymnasium in MSB at University Hospital on Tuesday evenings at 5pm, taught by the Surgery Department residency Program Coordinator Krystina Rosania. Mats are provided by GME and comfortable clothes are encouraged. We hope to add a second class soon if demand is high (taught by yours truly, of course)!

Walking for Wellness

Step up to the Challenge!



Steps and flights challenges!

Compete against your co-residents in Anesthesiology, Internal Medicine, General Surgery, PM&R, and Psychiatry!

Monthly winners in each department!



Send your steps & flights count at the end of each month to...
 Anesthesiology: Oliver Jermolov: ojermol@umsl.rutgers.edu
 Internal Medicine: Jill Deutsch: deutschj@umsl.rutgers.edu
 General Surgery: Krystina Rosania: rosania@umsl.rutgers.edu
 PM&R: Paul Chirchella: chirchella@umsl.rutgers.edu
 Psychiatry: Debra Moore: moored@umsl.rutgers.edu

RUTGERS
New Jersey Medical School

Free Yoga Classes
for NJMS Residents



Instructor: Krystina Rosania
RYT-200, Program Coordinator Department of Surgery
Sponsored by GME Wellness Subcommittee

Time: Tuesdays (starting Feb 28th, 2017)
5 – 5:30 PM

Location: NJMS Gymnasium (next to UH Cafeteria)

How to: No need to sign up in advance
Show up when you can!
Class will be a slow flow designed to help you unwind and relieve stress! All levels welcome. Yoga mats provided.

HUMC Holiday Party 2016



Culinary Corner

Double Chocolate Cookies

Ingredients:

- 1 cup all-purpose flour
- ¾ cup Dutch-process cocoa powder
- ¾ teaspoon kosher salt
- ½ teaspoon baking powder
- ½ teaspoon baking soda
- 10 tablespoons unsalted butter, at room temperature
- ¾ cup dark brown sugar
- ⅔ cup granulated sugar
- 1 large egg
- 2 teaspoons pure vanilla extract
- 2 cups semisweet or bittersweet chocolate discs or chips

Directions:

1. In a medium bowl, whisk together flour, cocoa powder, salt, baking powder and baking soda. Set aside.
2. In a stand mixer fitted with the paddle attachment, beat together butter, brown sugar and granulated sugar until very light, about 5 minutes. Add egg and vanilla and beat until well combined.
3. With the mixer on low, add the dry ingredients and beat just until combined. Add the chocolate discs and mix briefly to combine. Press plastic wrap against the dough and chill it for at least 24 hours and up to 36.
3. Heat oven to 350 degrees. Line a baking sheet with parchment paper. Portion the dough out into small scoops. (They will spread significantly.) Bake the cookies until set, being careful to remove cookies from the oven when still soft in the center, about 18 minutes. Transfer the parchment with the cookies to a rack to cool. Serve warm.

RCQ Brought To You By:

Chief Residents: Joseph DeRose, Jill Deutsch, Christopher Estiverne, Mohleen Kang, Daniel Matassa, Priya Patel, Larysa Sanchez

Program Director: Mirela Feurdean

Comments: Email ruchiefs@gmail.com

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

Congratulations!

OCTOBER

Interns:
Zara Khan
Larrisha Love
Laura Rotundo
Seniors:
Jieqi Liu
Njambi Mathenge
Kalpesh Patel

NOVEMBER

Interns:
Abinet Aklilu
Ronaldo Ortiz-Pacheco
Rasto Rakocevic
Seniors:
Vivek Joseph
Veronica Mariotti

DECEMBER

Interns:
Ryan Butzko
Richard Hajjar
Shiv Patel
Seniors:
Justin Mathew
Natasha Piracha



JANUARY

Interns:
Faheem Malik
Royce Shou
Adam Tsangaris
Seniors:
Justin Mathew
Natalija Odanovic
Komal Patel

Highest Quiz Score:

October
Pratik Agrawal

November

Shijia Zhang

December

Ahmad Al Turk
Riju Banerjee
Veronica Mariotti
Patrick Mitchell
Renjit Thomas
Ramya Undamatla

January

Pratik Agrawal
Igor Ezyner

NEJM Image Challenge

A 23-year-old woman presented with a 1-month history of headache, syncope, weight gain. Physical examination revealed hypertrophic appearance of the thigh and calf muscles, and imaging of her thighs is shown. What is the diagnosis?



- A. Septic Emboli
- B. Echinococcus granulosus
- C. Myxoid sarcoma
- D. Cysticercosis
- E. Toxoplasma gondii

Answer: D

Announcements:

March Madness Tournament: Stay tuned for details!

Residency Match Day: March 17th

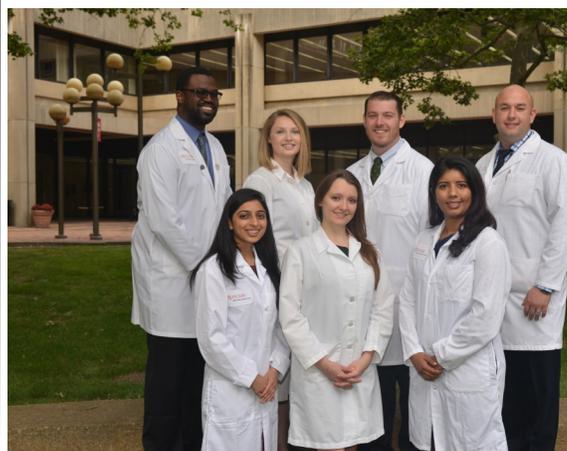
Deadline for 2017 ABIM Registration: April 14th

Career Night: April 26th

Research Day: May 25th



Questions? Need to talk? Call!



UH
973-972-5584 or
6054
HUMC
551-996-2591 or
2592
VA
973-676-1000
x1873, 1874, or
2803