Residents Connections Quarterly
Rutgers NJMS Internal Medicine Residency Program

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Holiday Party
By Rishi Mehta

The annual holiday party, hosted by HackensackUMC Department of Medicine, was held on December 6th. This much anticipated event started off with a phenomenal happy hour. With fantastic top shelf drinks served in massive glasses, really good food ranging from lobster and steak to vegetarian fare, this event was sure to be a hit. The well dressed residents arrived around 7 pm and headed straight for the bar. They ate, drank, and laughed with their co-residents, fellows, attendings, and significant others.

The night continued in the main ballroom where an award ceremony was held for attendings who dedicated their careers to teaching and working at HackensackUMC. Dr. Gardin, Chair of Medicine at HackensackUMC, went out of his way to thank all of the Rutgers NJMS Medicine residents for their fine work, helping to make HackensackUMC one of the best hospitals in the nation.

A speech was given by the chief residents who also thanked all the residents for their hard work. The R Knight Steel Award for Exemplary Teaching to medical residents was given to Dr. Selvaggi for his great contributions to resident morning reports and conferences.

After all the speeches came the drinking and dancing. Foam glow sticks in hand, the party attendees danced the night away. They also crammed into a small photo booth in a clown car-esque fashion. Even without last years pants-ripping fiasco, the party was a huge success. So remember to request the day off for next years party!

“"The secret of getting ahead is getting started."

- Mark Twain

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UH Floor Team B’s Holiday Party Transformation...All three made it to work the next day!
Trick-or-Treat!
By Abdullah Khan

On a dark and gloomy night, the pediatric patients of the Joseph M. Sanzari Children’s Hospital were visited by wicked witches, ghastly ghouls, a suspicious teddy bear, Super Mario, Dr. Evil, and other zany characters.

What started as a simple movie night quickly evolved to an organized community event to allow residents to visit and distribute candy and treats for children unable to Trick-or-Treat on Halloween due to illness or injury. The pediatrics nurses and activity coordinator helped arrange the evening and guided us on our tour of the inpatient service. It was a privilege to see the smiles on the children’s faces as they were greeted by the costumed residents.

This was followed by a special showing of the movie The Conjuring. As if the movie wasn’t scary enough, it was projected to an immense display and two additional TVs so that you couldn’t turn your head and hide from the on-screen horror. Every creak, whisper, and bloodcurdling scream permeated the auditory canals with the help of numerous speakers all around the room.

No movie night is complete without food. There was plenty of pizza, drinks, and snacks courtesy of the Department of Medicine at Hackensack University Medical Center.

At the end of the evening, the best costume of the evening award was given to Margaret Duffy. We had a hard time convincing her to accept the doll Annabelle as the prize but she settled for pair of movie tickets.

A good time was had by all. It would be great to see this event become a tradition at Rutgers NJMS!

Conference Travel Tips
By Narjust Duma

2014 was a conference filled year for our residents. Whether it was CHEST, ID Week, ASCO, or ACG, NJMS Internal Medicine residents had all the major conferences covered. There they presented their own research and case reports, got to network with giants in the respective fields, and of course got to explore a new city.

And as any first author knows, NJMS pays for you to present! That being said, here are a few tips to help navigate the conference financing blah:

1. Submit a Travel Advance form 1-2 months prior to your conference. This form should include an estimate of all expenses that will need reimbursement.
2. Collect and save ALL receipts—including meals, and local transportation. GME needs original copies of these receipts.
3. Once you return submit the Travel Expense form with ALL receipts.

Some other tips:
- Pack Light! (Save on baggage fees which are not reimbursed)
- Expenses should be within reason (ie don’t book the Presidential Suite)
- If you plan on having an alcoholic drink or two with dinner ensure that the drinks are on a separate receipt as GME will not reimburse you for alcohol.
- And the most important part, enjoy yourself! Take advantage of the great opportunity of sharing your research with experts in the field and learn from their presentations and experiences.
“Where Did I Match?”
By Rishi Mehta

Time seemed to have slowed down on the morning of December 3rd. Many of the 3rd year residents and chiefs could be seen pacing, phone in hand, waiting for 12pm, the time they would finally learn their fate in regards to fellowship. All the hard work in residency, extra hours doing research, flights around the country for interviews, boiled down to this singular email that was being sent by the NRMP letting residents know where they would be living for the next 2-4 years and whether or not they would get to be an “- Ologist.”

The chiefs and third year residents all looked slightly anxious that day. There was incessant checking of phones and watches. I was helping out with residency interviews that day. I met with residency candidates, had interesting conversations during the interview and almost seemed to have forgotten about what lay ahead at 12pm. However after the interviews the nervousness set in. I tried to keep myself busy by setting up the lunch for the residency interview candidates. Finally around 11:30 I excused myself from the process and hid in the locker room. I read all of the day’s Facebook posts, the front page articles on Huffington Post– I was sure it had to be close to 12pm but I was wrong, it was only 11:50. I called my wife and time slowed down even more. 11:56, 11:57, 11:58...and that’s when I heard the ding of an incoming email. “Where did you match for the 2013 NRMP Fellowship Match?” read the subject.

“Wait, 2013! Did I apply for the wrong match?” These were the first thoughts that rushed through my head. After polling many other residents I found out I was not the only one that had this moment of panic. I scrolled down, line by line. “Congratulations.” As soon as I read that I breathed a sigh of relief. I knew I matched! But now the question was where. I anxiously scrolled down some more. And there it was—I matched into my first choice! The hallways were filled with people smiling, high fives, hugs, and multiple congratulations between residents. Many of the other residents had similar stories– some strategically used a Comp day and stayed home, one resident even presented her MKSAP lecture at noon prior to checking (talk about dedication). As evident from the hallway celebrations and the actual match list it was clearly a great fellowship match year for Rutgers NJMS! See the match list below:

<table>
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<th>Hematology/Oncology</th>
<th>Infectious Disease</th>
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<td>S. Ibrahim Winthrop</td>
<td>A. Gandhi UPMC</td>
<td>C. Aldrich Montefiore</td>
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<td>S. Kartan Columbia</td>
<td>S. Jaggi Drexel</td>
<td>A. Khan Univ Florida</td>
<td>M. Gonzalez Univ South Florida</td>
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<td>S. Patel Rutgers NJMS</td>
<td>G. Nahas Univ Miami</td>
<td>F. Irani Cleveland Clinic</td>
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<td>P. Ricketti Univ South Florida</td>
<td>L. Soriano Moffit—Univ South Florida</td>
<td>T. Markou Johns Hopkins</td>
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<td>S. Mirza Rutgers NJMS</td>
<td>Pulm/Critical Care</td>
<td>M. Sandling Drexel</td>
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<td>M. Mysliwiec Jefferson</td>
<td>S. Khan MSKCC</td>
<td>J. Zucker Columbia</td>
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<td>P. Umnapathi Johns Hopkins</td>
<td>Palliative Care</td>
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<td>D. Khateeb Univ Kentucky</td>
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<td>R. Mehta Loyola</td>
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<td>M. Shah Georgetown</td>
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<td>M. Duffy U Penn</td>
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<td>M. Shah Georgetown</td>
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Who’s Who: Anne Sutherland, M.D.
By Rishi Mehta and Abdullah Khan

Dr Anne Sutherland is a new addition to the Rutgers NJMS family. She joined the Division of Pulmonary and Critical Care in 2013 as the new Director of the University Hospital Medical Intensive Care Unit. She has quickly become a favorite amongst residents because of her depth of knowledge, hands-on approach to patient care, and dedication to education and teaching. We here at the RCQ thought it would be only fitting to profile Dr Sutherland and get to know her a little better:

*For those who don’t know you, can you tell us a little bit about yourself (ie where you are from, prior training)?*

I am locally grown. I grew up across the river in New Rochelle, NY, and then went to NYC for college at Columbia, and never left. I went to Med School at NYMC in Valhalla, NY and then did Internal Medicine and PCCM training at Mount Sinai in New York. My job prior to this one was as the Associate ICU Director at St. Barnabas Hospital in the Bronx. My unit was the only one in the hospital so we took care of all critically ill patients in the hospital, including surgical, cardiac, neurological, trauma, and of course Medicine. We didn’t have any critical care fellows there, but they do have a full Internal Medicine Residency, so I am very used to working with residents.

*What made you choose NJMS?*

I was looking for a job in a larger academic environment, where there would be lots of opportunity to teach, do research and to continue to practice medicine with an underserved population.

Continued on page 4
Who’s Who: Genevieve Streb, M.D.

I was born on April 4th, 1988, and share my birthday with a few other famous people including: Maya Angelou, Heath Ledger, and none other than Iron Man himself, Robert Downey Jr. I grew up mainly in the Midwest, and am one of three siblings. My brother, Joseph, is working as a Petroleum engineer in Oklahoma, and my sister, Caroline, is a freshman in high school. My family moved to the east coast when I was in high school, and it was quite a change from the flat plains of Kansas. However, in time, it became home.

My father, born in Wisconsin, is an avid outdoorsmen. He brought my brother and I backpacking, canoeing, caving, and camping almost once a month growing up (my mother refused to sleep on the ground). It is because of my father that one of my favorite pastimes is adventuring outdoors. Lucky for me, my husband is open to trying anything, and in our spare time we have found some of our favorite hiking spots in PA and NY.

I met my husband, Stratton, through a good friend during medical school. We were married this past April, near my parents’ home in Pennsylvania. I was fortunate enough to marry into a very large, loving, and loud Greek family; for those that wonder, the answer is yes, it is exactly like the movie, “My Big Fat Greek Wedding”.

My education began at Penn State, and continued at Drexel University for medical school. Thus far, the residency program here at Rutgers has been everything I hoped it would be; the structure of the program has forced me to learn outside of my comfort zone, and the educators have created an environment where I can succeed. Furthermore, my co-interns are turning into close friends, and the senior residents have not only been terrific teachers, but have also been very sympathetic to the growing pains of an Intern.

Some fun facts people might not know about me are: I started to play the harp at age 10, I hate tomatoes and olives, I love old western movies, and I could eat Thai food every day.
Women in Medicine
by Sarah Ramer and Narjust Duma

On October 23, the Committee of Interns and Residents held its inaugural northern New Jersey event in the Women in Medicine (WiM) series. In response to pervasive earnings and promotion inequalities and lingering discrimination faced by women in medicine, in the past few years CIR members around the country have mobilized to provide a forum to address issues faced by women in the medical workplace, develop strategies to combat inequalities and discrimination, and build mentorships between more and less experienced women in medicine.

New Jersey Medical School residents were up-front for WiM’s first foray into their part of the state. With co-sponsorship and generous support from the NJMS Office of the Vice Dean, headed by Dr. Maria Soto-Greene, CIR hosted a dinner that drew 60-70 faculty, fellows, and residents, mostly but not entirely from NJMS, to the MSB Grand Foyer. There the attendees dined on catered food while listening to speakers and participating in roundtables on specific topics. The Department of Medicine was well-represented in the list of speakers and roundtable leaders. Dr. Christine Gerula was one of two panelists discussing how she built her career, while Drs. Kristin Wong, Ana Natale-Pereira, and Lisa Dever facilitated roundtable discussions on issues such as contract negotiation, leadership development, and work-life balance.

At the end of the evening, attendees went home feeling energized from having spent time with so many like-minded medical women. Though the next New Jersey event in the WiM series isn’t yet scheduled, everyone who went to the first one is looking forward to it and planning to bring a few friends, too.


Residents and attendings sat together discussing issues that affect women in medicine.

Resident Challenge Bowl
By Abdullah Khan and Rishi Mehta

Congratulations to John Kern, Daniel Matassa, Margaret Mysliwiec, and Sima Patel for their selection to the NJMS Internal Medicine Resident Challenge Bowl team! Our team will be competing against residents from Atlanticare Regional, St. Peter’s, and Monmouth in their preliminary round. Other contesting programs include Hackensack-UMC Mountainside, Overlook, Seton Hall, Capitol Health, Morristown, Rutgers RWJ, Newark Beth Israel, Jersey City, Jersey Shore University, St. Frances, Cooper, and St. Barnabas. It will take place at the Robert Wood Johnson Medical School in the Clinical Academic Building in February. There are a total of 4 preliminary rounds and the winning team from each round proceeds to the finals on Friday, March 6 in conjunction with the American College of Physicians—New Jersey annual scientific meeting.

The competition’s going to be tough so everyone is welcome to attend and cheer on their favorite residents. Good luck team NJMS!
Shuchie’s Vegetarian Treats: Sweet and Savory Stuffed Biscuits
by Shuchie Jaggi (whynotspicy.blogspot.com)

Ingredients:
- Pillsbury Pre-cut Biscuits
- 10 Fresh Basil Leaves
- 4 Teaspoons of Blackberry Jam
- 6 Baby Bella Mushrooms (Chopped and Sauteed)
- 4 ounces of Brie

Preheat the oven to 375 degrees, Roll out the biscuit dough until they are 1/2 inch deep.

Spread the blackberry jam (1 Teaspoon per dough). Place an ounce of brie, fresh basil, and the sautéed mushrooms in each biscuit.

Grab the ends of the dough and bring them together. Pinch the top ends together.

This is what the final dough should look like. Place in the oven for 14-16 minutes until golden brown.

Ode to NJMS DOM Luncheon
by Theodore Markou

’Twas a week before Christmas, And all through the floor, Residents and faculty gathered; A celebration for the patients we so meticulously care for,

The H-yellow conference room, Styled with festive cheer, Food and aroma filled the ward, It must be that time of year,

Its the annual holiday party, An event surely you can’t miss, The Italian catering from last year’s interview trail, Oh my! I am surely in a state of bliss,

Dr. Klapholz led the story telling, Cracking jokes at every chance, The only thing missing? No music... for Teddy to split his pants.....

Fed residents are happy residents!
The holiday party, birthdays, match day, babies, weddings, engagements, Dr Srinivasan’s farewell party. It has been quite a busy few months for the residents. Some words of advice—enjoy your free time, take pictures (so we can put them in the next RCQ), and hydration hydration hydration! Congratulations to the new parents, newly weds, newly engaged, and soon to be fellows!
RCQ brought to you by: H. Scott Dinneen, Abdullah M. Khan, Dina Khateeb, Rishi Mehta, Sean Sullivan, Priya Umapathi, Jason Zucker

Program Director: Dr. Neil Kothari

Comments: Email ruchiefs@gmail.com

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!

September
Rachael Shapiro
Patrick Mitchell
Jacqueline Burnell
Elaine Zhai
Luvkarnjit Singh
Tasnim Imran

October
Njambi Mathenge
Leia Rispoli
Xiaobing Wang
Frank Wang
Mohleen Kang
Kathleen Carstens

November
Malorie Mashkati
Shijia Zhang
Sobia Nizami
Monali Patel
Christopher Estiverne
Jill Deutsch
Enoc Fernandez

December
Tanzila Razzaki
Xiaobing Wang
Jacqueline Burnell
Rachael Shapiro
Gustavo Churango
Jaimie Mittal
Frank Wang
Richard May

NEJM Image Challenge

This patient has an increased risk of what disease?

Dr. Michaud is our new VA Associate PD

We are very happy to hear that Dr. Michaud has been named the new VA Associate Program Director. It may come as a surprise to some that she was one of the Chief Medical Residents at UH in 2007-2008 before going on to pursue her nephrology fellowship. Her other roles in the program have been Associate Clerkship Director and chair of the Clinical Competency Committee. Congratulations Dr. Michaud!

Events/Announcements

Farewell Dr Srinivasan and Dr Oriscello

From all the residents at Rutgers NJMS Internal Medicine, we want to thank Drs Srinivasan and Oriscello for all they have done for us, our program, and the patients they serve. They have both served as models of the type of physicians we should all aspire to be when we grow up. Though they will surely be missed, we want to wish them both the best of luck—Dr Srinivasan on his new career and Dr Oriscello on retiring. More importantly, we are looking forward to when they come back and visit their NJMS family.

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Questions? Need to talk? Call

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