

Resident Connections Quarterly

Rutgers NJMS Internal Medicine Residency Program

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Summer 2014

Welcome Interns



by Rishi Mehta

June 20th marked the Annual Department of Medicine Intern Meet and Greet Picnic held at beautiful Verona Park. The nice weather, good food, and great company made for a fun, successful event. The new medicine residents slowly trickled in and got to know one and another in a room adorned with black and red – the colors of Rutgers University. Attendings such as Drs. Fayngersh, Kapila, Michaud, Chang, Cennimo, and Gonzalez, as well as our Program Director, Dr. Kothari, greeted the interns as

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they gathered around tables. The interns were treated to some authentic Italian food, as well some dining entertainment courtesy of Dr. Fayngersh who showed off her fabulous Hula Hoop skills!

The wonderful sunny weather allowed for many outdoor games including Frisbee, golf, cornhole, and



wiffle ball. While badminton was available, a combination of brute strength by the chief residents and shoddy craftsmanship led to the net breaking very early in the event. The interns, seniors, chiefs, and attendings all spent the evening enjoying the outdoors. Dr Klapholz even made time out of his busy schedule



to get to know the new housestaff. Following the event, a bunch of the residents and new interns got together to enjoy an evening World Cup soccer match. All in all, the event was a great success. This annual tradition served as a spectacular kick off to the new academic year. We're excited to welcome the new housestaff and wish them much success in their careers!



The Real New Innovations

by Abdullah Khan

There's no denying that the 2013-14 academic year was an incredibly, ummm, fertile year for the Internal Medicine residents at Rutgers NJMS. The reasons aren't so clear. One theory is an escaped G-Yellow patient released pheromones into the ventilatory system and clomiphene into the water supply at University

Hospital. Some blamed the strong Earth-Sun-Venus-Mars alignment in early 2013. Personally, I felt like I was getting too much sleep at night despite the stresses of residency and decided to take action. Whatever the case, we are very fortunate to be part of a program that is very supportive of residents and their families. Match the resident/recent graduate with the picture of their baby and the baby's name.



Resident

- Gustavo Churrango
- Rabail Razi
- Abdullah Khan
- Ahmad Yousaf
- Trent Wang
- Rishi Mehta
- Daniel Matassa
- Scott Dinneen
- Arpita Gandhi

Baby

- Liam
- Aria
- Eesa
- Ibrahim
- Riya
- Avery
- Wyatt
- Charles
- Safiya

Answers: Gustavo, 1.
 Charles; Rishi, 2; Riya;
 Daniel, 3; Liam; Scott, 4;
 Wyatt; Arpita, 5; Aria; Ra-
 baill, 6; Eesa; Ahmad, 7;
 Safiya; Trent, 8; Avery;
 Abdullah, 9; Ibrahim

Who's Who Among NJMS Attendings - Samir Abdelhadi

When it comes to Dr. Samir Abdelhadi, every day is casual Friday. You might have seen the pulmonary/critical care attending dressed in a casual dress shirt, jeans, and spiffy Converse shoes while rounding in the Hackensack ICU. We recently had the opportunity to talk to this debonair attending to find out more about his personal and professional life.

Q: For those who don't know you, can you tell us where you did your residency and fellowship training? What was that like?

A: I trained at none other than THE University Hospital for both my residency (2005-2008) and fellowship (2008-2011). Residency was hectic (as some of you are finding out) but always fun for me. Some of my best memories were at UH. For instance, my first page ever as an intern was to go see a patient who was "agitated". Got there and it was some disgruntled gentleman who



had taken off his colostomy bag and was throwing feces at the walls. I couldn't offer the nurse much except to tell her to call security. All in all, residency was a

(continued on page 3)

blast. I met great people and established life-long friendships along the way, and enjoyed working with my attendings. Word of advice to the interns and residents: no rotation is ever as bad as it is made out to be. Go in to every rotation knowing that you're more than capable of doing what's needed and have fun doing it.

Q: What skills are important for being an effective intensivist? How would you describe your management style?

A: I think the most important skills for being an effective critical care physician are the same as those for any physician - to be effective. It's easy to become jaded and cynical in this profession but never forget that you're taking care of a human being: a mother, a father, a son, a daughter. Being empathetic, compassionate, respectful, confident, and ensuring that your encounter is a personal one (not robotic or resembling a business transaction) are important. I know it's difficult, especially in training, but spend a few extra minutes in your patient's room to talk about something other than what brought them in. And always stay calm when things hit the fan; panic does no one any good. As far as my management style, in one word I'd say it's efficient. I'm a strong proponent of patient education, autonomy, and appropriateness in medicine. I try to give the best care I can without frivolously spending health care dollars.

Q: What would you like to be doing 20-30 years from now?

A: Truth be told, I haven't thought that far ahead, but since you've asked, perhaps volunteering for Doctors without Borders.

Q: If you hadn't become a critical care attending, what might you

have done?

A: Hands down I'd be a veterinarian. Never trust anyone who doesn't like animals!

Q: What do you like to do when you're away from work?

A: I like to NOT think about or talk about work. I spend time with my family and close friends. Taking my boy and confidant, Che, for a walk. I shoot hoops whenever I get the chance; I'm a huge Knicks fan, and try to catch a few games a season. Love listening to music and going to live shows. Also love great food!

Q: Who was the person that influenced you the most?

A: My two older brothers. Both my parents worked long hours so my brothers had to take care of me. Without them handing out the occasional beat down, I would've been lost.

Q: You recently went on vacation. How was that?

A: I went to Palestine to see family. Grandpa is 95 yo and is slowing down physically. So to see him and be able to sit and pick his brain was priceless. The Dead Sea, Old Jerusalem, and Haifa were some of the places I visited while I was there.

Q: Final question, so what exactly is the dress code at HUMC?

A: Dress to the nines.



Who's Who Among NJMS Residents - Adam Kibola

Growing up in rural Tanzania, I saw my grandfather patiently attend to the needs of his community as a Pastor. As I watched and listened to him, I started to develop the desire to be involved in the kind of work that improves the lives of others. It was no wonder that at the end of a CPR demonstration in 4th grade, in excitement I asked my instructor, "Do Doctors do this?" "Yes," he responded - to which I said, "That's what I want to be!" To me, the idea that a person can help another come back to life was magical! My pursuit of this magic led me to get a BA in Biology from Rutgers University and an MD from Geisel School of Medicine at Dartmouth.

At the end of medical school, I worked with a team from the University of California San Francisco (UCSF) on a project that involved creating a MSc. in Health Monitoring and Evaluation at



Mzumbe University in Tanzania. Working with Tanzanians at Mzumbe University and the Ministry of Health helped me appreciate the management and policy issues associated with healthcare delivery in a resource-poor country. This experience led me to seek a residency program that offers

residents the opportunity to learn from leaders who are thinking about creative ways to deliver cost-effective health care to a diverse patient population. Rutgers NJMS' Residency program proved to be the right fit.



What I find attractive about our program is the varied resident backgrounds, palpable collegial atmosphere, and diverse patient population. Additionally, the program leadership is committed to educating residents on providing patient-centered care; care that takes into account the patient's psychosocial dimension that affects his/her disease. Lastly, given that many patients are now newly insured, the leadership is thinking of new ways to provide the best possible primary care to patients.

In my spare time I enjoy listening to Jazz, Classical and Soul music. I also enjoy comedies and my favorite is Eddie Murphy's *Coming to America!*

Graduation Ceremony

June 7th 2014 marked the first graduating class of the newly minted Rutgers NJMS Internal Medicine Residency program. Friends, family members, residents, and fellows were ushered into the Medical Science Building Atrium. Sure it was hot, and there were a couple technical difficulties with the microphone, but all in all this was a very successful graduation ceremony. There was a moving keynote address by Dr Robert Johnson (Dean of NJMS) and words of wisdom offered by Drs Kothari and Klapholz. Refreshments were also served and well received.



One by one, each graduating resident and preliminary intern proudly walked onto stage and received a well-earned diploma followed by some handshakes (or a hug) from

Drs Kothari, Klapholz, Gardin, and Quinlan. The outgoing chief residents also received their Chief Resident certificates and received a well-earned round of applause for their hard work. After diplomas, residency awards were handed out. The winners are as follows:

- Most Scholarly & Best Teaching Resident: Tariq Niazi, DO
- Most Professional Resident: Joseph DeRose DO
- Most Humanistic Resident: Ahmad Yousaf MD
- Intern of the Year: Sandra Aleksic MD
- Excellence in Clinical Skills: Rishi Mehta MD

At the conclusion of the ceremony, the graduates made their way outdoors, where they posed for pictures with each other as well as their friends and families.



After the pictures were snapped, the grads made their way over to the Newark Club for an amazing Graduation Dinner Dance.



Where Are They Now?



Ziyaad Al-Khateeb
McMaster University, Canada
Geriatrics Fellow



Ruchi Kumari
Hawaii
Hospitalist



Christine Orłowicz
Florida
Primary Care Practice



Shira Saul
Mount Sinai, NY
Endocrinology Fellow



Margie Tang
UNLV, NV
GI Fellow



Lucy Cheng
Columbia University, NY
ID Fellow



Rakesh Malhotra
Vanderbilt, TN
Nephrology Fellow



Vinny Dave
Memorial Sloan-Kettering, NY
Palliative Care Fellow

Graduation Dinner

by Rishi Mehta



Faces still sore from all the smiling done posing for pictures during the graduation ceremony, the graduating class was treated to a wonderful Graduation Dinner thrown by the Department of Medicine at the Newark Club in downtown Newark, NJ.

Once ties were straightened, and makeup was reapplied, the attendees took an elevator to the top floor of the Newark Club and entered a beautiful room with striking views of Newark and the New York Skyline.

A B-line was made to the bar where residents mingled with each other as well as the many attendings who came to celebrate with the graduates. A great selection of food (and did I mention drinks) was offered throughout the night.

The dinner began with speeches by the chief residents who announced the winners of the Faculty Teaching Awards. Dr. Oriscello received an award for exemplary teaching at the VA. His message to the graduating residents — “Read!”.

Dr. Feurdean was given the UH Teaching award for her great work in revamping the



ambulatory curriculum. The HUMC award was given to Dr. Choi, a favorite amongst residents, for his great teaching style—he truly is a walking encyclopedia of medical facts.

Once awards were handed out two great slideshows were presented that chronicled the lives of the graduating residents over their last 3 years.

After the dinner the event turned into a great party. The DJ started up the music and everyone rushed to the dance floor. At first the dancing was tame, but as the night went on, it became, well, weirder, as evidenced by our very own Teddy Markou.



In the words of R. Kelly, “After the party comes the afterparty...”

Many of the residents headed into NYC and continued the fun at 230 Fifth, enjoying the great view of the Empire State Building.

The next day, everyone showed up to work, on time of course. Grumblings of “Wow, I’m getting too old for this,” and “Hey do you have any Advil?” could be heard throughout the resident conference rooms at all three sites. The night truly was a great celebration for the residents. It marked the end to a great three years of hard work, learning, and building of life long friendships.

WORLD CUP FEVER!

by Dennis Villegas

Photo Credits: Ipsit Pandya, Dennis Villegas, John Kileci



How's your corridor doing? Are there any patients left? Are you sure? These were just some of the frantic questions I asked at 4 PM in the ACC clinic on June 16th. This was a day I, and so many more US Men's National Team fans, had waited for. The day of the first of three US-MNT games in the "Group of Death".

And it started at 6 PM, so I needed to make it out with enough time to get home. As I sat through the typical Newark traffic at that hour followed by the traffic on the Parkway, I could feel my heart pounding and my thoughts racing.

I remember watching the draw for the group stages in December, where all of the qualifying teams' fates were decided by tiny balls being drawn out of a bowl. I remember saying out loud, "Not us! Not us!" as the tiny capsule was opened to reveal who would take part in a group with Germany, Portugal, and Ghana. But of course, as we now know, it was us. I rationalized and rationalized and finally came to this conclusion: We were getting out of the group! We had to! We were a team. Portugal was essentially Ronaldo and friends. Sure, Germany would get

through, but we wouldn't make it easy. And then of course, there was Ghana, who knocked us out of the previous two World Cups. Of course they were talented, but they couldn't beat us a third time. They just couldn't.



As I got home comfortably with about a half an hour to spare, I couldn't imagine the rollercoaster ride this World Cup would be. For example, the world had already seen Spain get old and be gutted by the Dutch. After just 30 seconds of play, just enough time for me to get myself together after singing the national anthem, Clint Dempsey scored and put us up 1-0 ahead of Ghana. I was surrounded by my cousins, who are about as die-hard fans for the Stars and Stripes as I am, and we were ecstatic. What I didn't realize at the time was that in millions and millions of homes and bars across the country, we weren't the only ones celebrating. I was pleasantly surprised to see pictures of friends celebrating the

victory like I did, and hearing stories of my fellow residents' experiences during this World Cup.

It was clear that World Cup Fever had infected almost everyone in the residency program. TVs, computer screens, and smartphones at all three sites were tuned to the matches during the day. The fun continued after work during the evening matches. Many residents could be found at local bars and restaurants enjoying the games and cheering on their favorite teams.

Being a soccer fan in America can be tough, but for this past month, soccer was all that anyone was talking about. From Jozy Altidore's hamstringing to John Anthony Brooks'

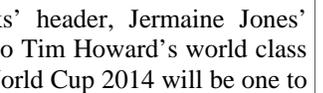
rocket against Portugal, and finally to Tim Howard's world class performance against the Belgians, World Cup 2014 will be one to



remember in this country. Now the wait begins for the 2018 World Cup in Russia, but hopefully this summer's tournament has created enough excitement to make America take notice of soccer more than once every 4 years.

And now 4 things you may or may not have realized this World Cup:

1. Germany is the best TEAM in the world
2. There is another KING JAMES in the world (James Rodriguez from Columbia)
3. Neymar needs his vitamin D level checked and a DEXA scan
4. Michael Ballack is too handsome for TV and looks like Matt Damon



Shuchie's Vegetarian Treats

by Shuchie Jain (whynotspicy.blogspot.com)

After an amazing recent trip to Spain I was really craving their cuisine. Valencia (origin city of paella) was where I had one of the most delicious rice dishes. After coming back home to my crazy schedule, I wanted this meal so that it would remind me of the air and laid back atmosphere of Valencia.

This entree is a popular Sunday lunch for most Spaniards. It is surely a heavy meal but not bad for an occasional splurge. This recipe is my own version of this dish. Most paella is made by using seafood and meat together (Paella Mixta), however I would like to say this vegetarian version is sure to hit your taste buds. The creaminess of the rice and the flavors just make you want to never stop eating.

Ingredients:

1 Cup Short Grain Spanish Rice
 2 1/2 Cups of Organic Vegetable Broth
 1 Teaspoon of Crushed Red Pepper
 1/3 Cup of Extra-Virgin Olive Oil
 1 Teaspoon of Paprika
 1 Teaspoon of Cayenne Pepper
 5-7 Threads of Saffron
 1 Grilled Zucchini (Sliced and grilled)
 1 Cup of Sliced White Button Mushrooms
 3-4 cloves of garlic (Chopped)
 1 Onion (Finely Chopped)

Salt & Pepper to Taste
 10-15 pistachios (chopped)
 2 Tomatoes (Sliced into wedges)

Directions:

In a paella pan or any other 13 inch stainless steel pan, add the olive oil and turn on the stove to medium heat. Preheat the oven to 450 degree F. Once the oil appears to be heated, add the onions and cook until they appear to be translucent. Stir in the garlic as well, right before the onions appear cooked. Stir in the salt, pepper, cayenne pepper, crushed red pepper, paprika and saffron and mix well together. Once they are mixed well, add in the mushrooms and cook until tender. After the mushrooms are cooked, add in the grilled zucchini. At this point pour the rice above this mixture and add the vegetable broth. Cook for 2-3 minutes and until the broth starts boiling. Carefully place the tomato wedges on top in a nice pattern :). Place the pan in the oven and cook for 20 minutes. After this time, turn off the oven and let the rest of the rice cook in the heat generated within the oven for another 20 minutes. Finally, the dish will be ready and garnish with pistachios and can be served with lemon juice.



Serves: 2. Prep Time: 15 minutes. Cook Time: 40 minutes

Kern's Meats

by John Kern

I'm the fifth of seven with 13 nieces/nephews, so needless to say, when we get together we eat a lot. My mom knows this fact, so every now and again she'll roast an entire lamb leg on the grill on a spit for several hours. Then we top it with a Banana Mango Chutney. This version is more for the home chef, and will be enough to last you at least 2 meals.

Ingredients:

3 Cloves garlic-minced
 1/2 Oz package dried mango or 1 mango (roughly chopped)
 1/3 Onion diced
 4 Clementine—peeled & chopped
 2 Bananas—sliced
 2 Cups water
 1 Cup sugar
 2 Lamb Shank
 1/2 Cup Medium Salsa
 1 Tbsp salt
 1 Tbsp pepper
 2 Tsp ginger
 1 Tsp hot Mexican Chili Powder

Directions:

Dice the Fruit and Vegetables up. Season the Lamb Shanks with Salt and Pepper. Preheat oven to 350 Degrees. Heat a medium sized pot to Medium-High Heat and add Sugar and Water. Stir until Sugar is dissolved. Add the Fruit and Vegetables (except the Salsa and Bananas, they come later). Bring to a Boil. Lower heat

to Medium. Add remaining seasoning to Chutney (Salt and pepper to taste). Heat a large pan to Medium-High Heat. Add 1 Tbsp Olive Oil. Sear Lamb Shanks on all Sides. Set the Lamb aside until the Chutney has thickened a bit (the liquid should be like a light syrup). In a small baking dish (I used a pie tin) add the Mango Chutney. Mix the Bananas into the Chutney, careful not to break them. Place the Lamb Shanks in the Chutney. Place in oven for 30 Minutes Covered. Remove Cover. Flip Lamb Shanks. Return to oven for another 30 Minutes. Remove from oven. Flip Lamb Shanks. Top with Medium Salsa and cover. Return to oven for another 30 Minutes. Remove Cover and flip Lamb Shanks. Return to oven for another 30 minutes. Remove from oven. Let cool for 5 – 7 Minutes. Enjoy!



This lamb was fall off the bone tender with a sweet savory flavor. I plated it on top of Quinoa, then topped with the chutney. To bring some lightness to the rich Lamb Shank I did steamed green beans as the side. When you make this dish, PLEASE let me know how you liked it!

RCQ brought to you by:

Chief Residents

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Program Director

Neil Kothari

Suggestions?

Please send them to ruchiefs@gmail.com

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

Distinguished Housestaff Awards



April:

Raymond Malapero
 Tamara Khaimchayev
 Nicholas Harrell
 Mohleen Kang
 Margaret Duffy
 Theodore Markou
 Enoc Fernandez
 Abdullah Khan

June

Michael Agnelli
 Sandra Aleksic
 Laryssa Gromko
 Daniel Matassa
 Priya Patel
 John Kern
 Margaret Duffy

May

Raymond Malapero
 Jaimie Shah
 Craig Van Dien
 Theodore Markou
 Pavan Patel
 Sandra Aleksic
 Laryssa Gromko

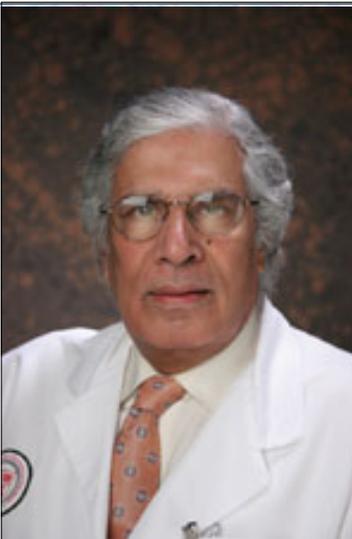


NEJM Image Challenge



Answer: Venous obstruction from Central Line

In Memoriam



Dr. Bunyad Haider

Dr. Bunyad Haider, former Chair of Medicine, former Director of Cardiology, Professor Emeritus of Medicine, passed away August 17th, 2014.

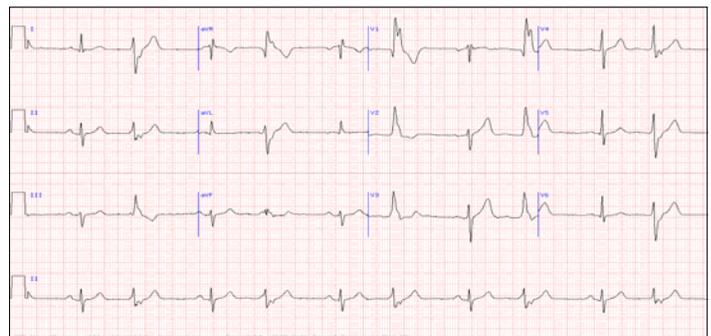
Dr. Haider was a fixture of the NJMS community for over 40 years. He helped develop and grow the Department of Medicine as well as the Division of Cardiology. He was an extraordinary physician, mentor, and academic leader, and he always took time to teach his residents, even on busy rotations like the CCU and Telemetry Units.

He served his patients with excellence, and was a great housestaff advocate. Dr. Haider

also had a wonderful sense of humor that endeared him to all who had the great fortune of working with him.

He will always be remembered for all of his great work at NJMS and his loss will be deeply felt by the entire medical community. Dr. Haider will be truly missed.

EKG Challenge



Answer: Ventricular Bigeminy

Questions? Need to talk? Call us!



UH
 973-972-5584 or 6054

HUMC
 551-996-2591 or 2592

VA
 973-676-1000
 x1873, 1874, or 2803