

"Ability is nothing without opportunity."

~ Napoleon Bonaparte

RUTGERS

New Jersey Medical School

Resident Connections Quarterly

Rutgers NJMS Internal Medicine Residency Program

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Welcome New Interns!

By Aileen Tlamsa

The countdown to July 1st can be both exciting and overwhelming for the intern about to embark upon the journey that is residency. June 19th marked the Annual Department of Medicine Intern Meet and Greet for Rutgers New Jersey Medical School, welcoming forty-eight categorical, med-peds, and preliminary residents. In keeping with the tradition of years past, the event was held at the lovely Verona Park Boathouse. With a cold and rainy start to the month of June, the worry of inclement weather was soothed when a gorgeous sunny summer day unfolded.

The new interns soon arrived and were met with smiles from their future seniors, chief residents and attendings. Name tags were provided and soon everyone was busy trying to connect faces with names. The interns quickly fit in with the crew, listening to stories of riveting placement of emergent central lines in the ICU or perplexing mystery cases that ended up being presented at our weekly case presentation conference. Naturally partaking in lively conversation with our new interns was our very own program director, Dr. Kothari, who welcomed everyone to a buffet dinner in the Verona Boathouse. The food, catered by Frank Anthony's Gourmet Italian Restaurant, was delicious, with several pasta, meat and vegetarian options. With full bellies and a surprise ahead of them, the interns were instructed to venture outside to the park lawn, where Dr. Ahmad Yousaf and Dr. Vidhi Kapoor awaited with eggs in hand, a wooden plank, and a cinderblock. To what purpose, you might ask, could this combination provide? A team building exercise, of course! Teams were assigned and each member must mount the plank leveled on the block. The teams must communicate and listen to each other to prevent the plank from touching the ground, demonstrating how a small shift in weight can cause instability. Underneath each end of the plank lay an egg, which may crack if the plank becomes unbalanced. Despite some cracked eggs, the teams worked well together and learned some lessons in communication, and possibly even core muscle strength! Several steps away was a fierce game of volleyball, the victor yet to be determined! Unfortunately the game was cut short, as it was time for the cake! A beautifully crafted strawberry shortcake was presented with our Rutgers logo. Before cutting the cake, a group picture was taken. After a massive carbohydrate load and the summer sun descending into the horizon, the night was drawing to a close. With the hum of the imminent intern year buzzing through the evening sky, the interns were reassured by senior residents with a sense of hope and camaraderie as they were now part of the Rutgers team, their senior teammates supporting them along the way. All in all, it was a jolly time. Congratulations to our new interns for joining us at Rutgers!



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Sim Lab

by Dan Matassa

A new wave of medical education - simulation demonstration (SIM) - has been gaining popularity in residency curricula throughout the country. Still in its infancy, SIM is designed to be a place where you can practice your procedural skills, manage uncommon cases, and work on team-building in a non-threatening and structured environment. In SIM, a brief case is presented - usually some type of emergency scenario. The team must then work together to diagnose and manage SIM man - a full size manikin with lung and heart sounds, a pulse, blinking eyes, and the ability to speak, amongst many other life-like functions. Overall, this exercise is designed to promote fun learning, and has been gaining popularity in various types of residency programs. Rutgers-NJMS has begun using SIM within the Emergency Medicine Residency, and it has been nothing short of a success- they're even competing in national competitions!

Rutgers-NJMS has begun using SIM within the Emergency Medicine Residency, and it has been nothing short of a success- they're even competing in national competitions!

Several of our Internal Medicine residents were recently invited by the Emergency Medicine Department to participate in a SIM exercise at University Hospital. John, Aileen, Larysa, Dan, and Njambi were the brave souls chosen to participate in the SIM demonstration in April 2015. Upon entering the room, a case of recent seizure was briefly presented. John Kern was elected as team leader, and initially the cause of the seizure was a mystery. After a few minutes of history-taking, physical exam, and diagnostic studies, the team was able to quickly arrive at a diagnosis of TCA overdose, initiate the appropriate management, and save SIM man from a certain demise. EM has permanently added SIM to their curriculum, recognizing the positive impact it has had on their residents' education. Now the peer pressure is on us to do the same!

Medieval Times!

by Richard May



A change in routine is needed after performing the 10th manual disimpaction of the week. A self-reward becomes required after successfully submitting duty hours for a full month. It is paramount when you marvel at your wife's English after she asks about your day and an internal translation is unnecessary. Medieval Times was that rescue. For those not familiar, Medieval Times is not as serious as the Renaissance Fair. No one dresses up as a serf to construct a trebuchet and there is no hatchet throwing competition. At the same time it is more realistic than playing Dungeons and Dragons, even if Vin Diesel wrote the foreword to the commemorative book. It is an event defined by various skill competitions between the knights, a falcon soaring through the arena, a prancing horse, and an encroaching villain. Coupled with a lack of utensils,

except for the vegetarian rice option, it was the perfect combination of merrymaking and camaraderie injected into the academic year. Sorry, there was no Iron Throne and winter was nowhere in sight.

Two dozen residents, spouses, and an older brother met in Lyndhurst for this momentous occasion. Armed with cardboard crowns and commemorative goblets we were divided into two opposing groups to cheer for our champions. While the Red and Yellow Knight advanced beyond the Blue Knight, it was the Black and Yellow Knight who was the eventual victor. The story line will be saved for those who attend next time, but everyone had an enjoyable experience, voices were lost in the fray, and one lucky resident even went home with a rose from the Blue Knight (#swoon). Look for more events to be organized by recently appointed social chair Frank Wang in the upcoming academic year.



Graduation 2015!!

By John Kern

When we first walked into University Hospital three years ago this day seemed so far away. Yet it is upon us already! The years have passed in the blink of an eye. We are older, wiser and eager to start our careers. Surrounded by family and friends who have supported us over the years, we proceeded one by one to receive our diplomas. A piece of paper signifying all the hours of hard work, dedication and sacrifices we have made in the name of patient care. Additionally several special awards were presented to distinguished residents, fellows and faculty.

At the ceremony when looking to your left and right we saw all the friends and colleagues we have met along the way. We saw the mentors who have guided and helped us become the exceptional physicians that we are today. At the end of the ceremony, a formal reception was held with all in attendance. Looking around at all these friendly faces, we know that Rutgers NJMS has become more than just a residency; its become a family.

Residents and Fellow Awards:

Most Scholarly: Narjust Duma
Best Teaching Fellow: Hayder Hashim
Best Teaching Resident: Margaret Duffy
Best Teaching Resident: Ahmad Yousef
Outstanding Professionalism: Adam Kibola
Most Humanistic Resident: Ahmad Yousef
Intern of The Year: Jacqueline Burnell
Excellence in Clinical Skills: John Kern



Who's Who: Slawomir Sender

By Aileen Tlamsa

The East Orange VA Hospital is full of a vibrant faculty in the Department of Medicine. The educational quality of the bedside attending rounds is well known to the medicine residents at Rutgers NJMS. In keeping with this strong academic tradition, Dr. Slawomir Sender is easily one of our favorite attendings to work with due to his passion for teaching medicine and dedication to his patients.

In the city of Bedzin, Poland, Slawomir Sender was born and raised, and he lived here until the age of fifteen. The Sender family decided to uproot and move across the seas to none other than the Garden State. Prior to attending Elizabeth High School, Dr. Sender attended summer school where he learned English and continued ESL courses. Coming to New Jersey was certainly a culture shock, but Dr. Sender thrived as he quickly excelled in mathematics, the universal language. Matched only by his talent in the other universal language, music, Dr. Sender continued to pave an impressive path.



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Trained in classical guitar in Poland, he continued to perform in New York City, performing in a quartet at the age of sixteen. He followed this path to Montclair State University, initially pursuing a degree in music. He transitioned back to mathematics, ultimately graduating with a focus on number theory. His love of teaching and academics brought him to Livingston High School, where he taught mathematics for 2 years. His journey did not end there, as he traveled back to his home country to attend Jagiellonian University Medical College, the alma mater of astronomy giant Nicolaus Copernicus. Dutifully studying medicine while rooting for his favorite football (soccer) club, Wisla Krakow, he graduated with a medical degree alongside his wife. Together they traveled back to the states to complete residency in New Jersey. Dr. Sender completed his residency in Internal Medicine at NJMS, completed a year as chief resident, and went on to stay at the East Orange VA as faculty.

Dr. Sender is a valued member of the VA family. He is passionate about caring for veterans and is happy to give back to those who have fought for our country. "My favorite part of being a doctor is that I can lend a helping hand and see change on a daily basis." The change that he speaks of is certainly seen when rounding with him on the floors, as his dedication to and reverence of his patients is palpable. His advice for the housestaff? "Place your patients as your first priority; that should always be your number one goal. When you drive home and you know that you did everything for your patient, then you did your job."

Being an avid soccer fan, and a modest former semi-professional soccer player himself, Dr. Sender enjoys following his club Wisla Krakow in his spare time. American football is also not to be forgotten, and every year he takes his wife and son to see the Packers in Lambeau Field. Though not a speed demon himself, Dr. Sender also enjoys auto racing, trekking annually to Montreal to see the Formula 1 Grand Prix.

We are honored and proud to have such a versatile member of our NJMS faculty. So if you are lucky enough to have Dr. Sender as your floor attending, you may want to brush up on your soccer moves and Packers trivia!



Who's Who: Veronica Mariotti



I grew up in a small town in the northwestern coast of Italy, a beautiful place with magical landscapes and amazing food. Though it is truly amazing, it always felt too small to me. I have always loved traveling and getting to really know new cultures. My desire to learn even more about the world increased at age 15 when I participated to a cultural exchange program that allowed me to live in Brazil with a Brazilian family for 6 months. Living in Brazil was life changing. It gave me a broader view of the world, inspired me to learn other languages, and drove me to both visit and live in new places. In fact, after Brazil, I never stopped moving around! I've since lived in various major cities in Italy, Germany, the UK and the US over the past 10 years.

While I was doing part of my general surgery residency in the UK (mostly working on breast cancer) I realized that surgery was giving me a narrow view of medicine, particularly oncology. My passion for always wanting to know more encouraged me to expand my medical knowledge to other fields and motivated me to pursue the different path of medical oncology. It took some time for me to find the necessary determination to make such a radical change in my life. While I was in New York City doing an observership, I met my husband to be. It was love at first sight for both of us, and he moved to the UK with me for a couple of years. Afterwards, we decided to move back to the US, which gave me the final push I needed to formally make the switch to medicine and oncology. It has been a long and challenging process for me, but it has been very satisfying! I was looking for a residency program that could give me an academic education as well as a deep, broad understanding of medicine. Rutgers was my first choice, offering all these things, together with a really friendly atmosphere (and amazing location!).

I am sure I will continue looking for new challenges and experiences in my life, but I'm happy and excited to have found my dream place for the next three years! Outside of work; other than traveling and learning new languages, I love cooking (and eating) and listening to good music... I never get tired of learning new things about the world!



Escape to Paris and Beyond

By Mohleen Kang

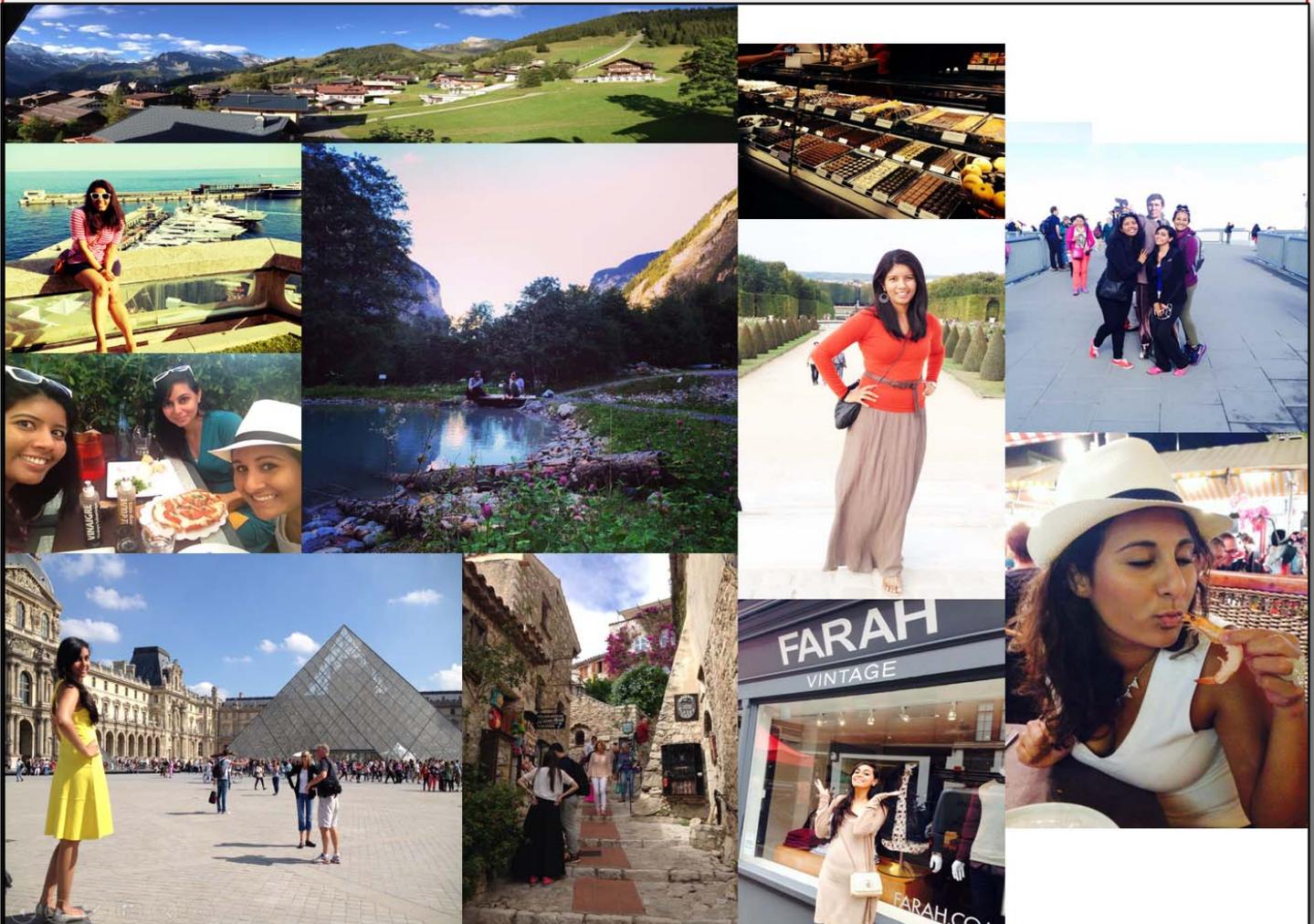
For a first time traveler from the US, Europe offers the convenience of modern technology mingled with centuries of history. My co-resident Nisha Suda and I happened to have vacation at the same time during our second year. We both had a hankering for Europe and after sleuthing through the resident schedule found Farrah Munir to join us on the trip. We travelled to Switzerland, France and UK over 11 days and it was truly a memorable experience. Here are a few places you might like to visit if in case you catch the travel bug this year.

If you are looking for a unique experience then I would highly recommend Switzerland. It is the most picturesque place on Earth. While the cities of Zurich, Geneva and Lucerne are great for a day trip, Switzerland's true beauty lies in the mountains. The Berner Oberland area forms the heart of this tourist destination. Skip the crowded and commercial Grindelwald and instead base yourself in Murren, a tiny village that can only be reached by a cable car and does not allow any automobiles. Take the cable car up to Schilthorn where a James Bond movie was filmed. The views from the top are worth the early morning start. If you are adventurous and sporty, you can hike all the way to the top. There are plenty of hikes in the area for all skill levels. The Lauterbrunnen valley is surrounded by waterfalls and flowers of every imaginable color. Just do yourself a favor and pack good hiking shoes. Your Converse sneakers are not made for the mountains.

France is a romantic country and you can spend your entire two weeks there. Nice forms a nice base in the south of France from which you can explore the surrounding areas. We got an apartment in the heart of the historic district right where all the restaurants and bars were located. Monaco is a short ride away but apart from the Casino, which has the most expensive cars parked outside and the best yachts in the harbor, the other extractions are nothing spectacular.

Instead of Monaco, head to Eze, a charming little village which is touristy but worth every penny. It has narrow cobbled streets that take you up a small hill. The streets are lined with cafes, restaurants and galleries. We spent a pleasant afternoon lunching at the top with breathtaking views of the Mediterranean Sea.

The highlight of our France stay had to be Versailles. This 14th century palace is a short day trip and easily accessible by train from Paris. The ostentatious decorations and the extravagance on every corner of this estate may help to explain the start of the French revolution. If you buy the city pass then you get special entrance not just here but also at the Louvre, which can be a time saving move.



Wellness Committee

by Frank Wang, John Kern, Malorie Meshkati, Aileen Tlamsa, Jill Deutsch

Residency can be a stressful time, filled with long hours and difficult decisions. Finding that fine balance between life and work is not an easy task. A recent survey by the ACGME found that a majority of residents classified themselves as healthy, but when further evaluated by individual lifestyle factors, namely sleep disturbances, low energy levels, and depression, residents were found to have scores well below average of their non-resident peers. This discrepancy between residents positive perceptions of their health versus the reality further impresses the significance of wellness during residency. The newly founded NJMS Internal Medicine Residency Program Wellness Committee is here to help. Ranging from social outings, running groups, sporting and music events, outdoor activities, to yoga sessions, the Wellness Committee spans broadly to accommodate the interests of our residents.

Social Events:

We kicked off the year with a trip to the Asbury Park beach on July 12th, which was the first of many beach days to come. We are in the works of planning an upcoming Six Flags trip in addition to several social and happy hour events throughout the upcoming months.

Exercise:

Beyond the simple social activities at the beach and local pub we are also focusing on the overall health and wellness of residents. Malorie has started a residency running club and encourages runners to reach out to her to start running and training especially with great NYRR (New York Road Runner) races coming up this summer!

Running is the easiest sport to take up in residency because you can run at any time. While a highly motivated resident can wake up at 5AM to squeeze in a quick run before a shift, some of us mere mortals can go for a run after work both to train and to release some of the frustrations of a long shift. If you're new to running and are not sure how to get started, look for Malorie in the hallways!

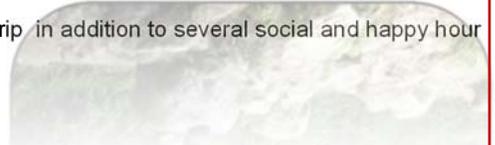
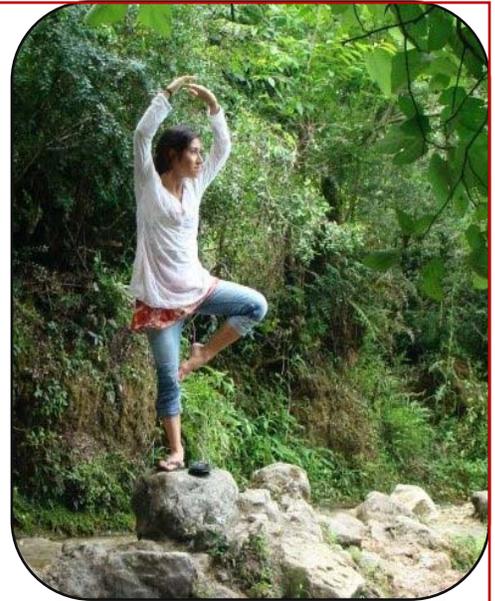
Outdoors Events:

For the more adventurous among us, there is the outdoor adventure club headed up by John Kern and John Kileci. The group will be organizing hikes, camping and kayaking trips. There will be ample time to fish, swim, relax in a riverside hammocks or take amazing pictures of the wildlife. Other upcoming outdoor activities will include equestrian activities such as scenic fall trail rides.

Sporting and Music Events

Aileen is very active in the music scene being a live music performer along with her husband, who is a professional drummer. She will be organizing group outings to see live shows and performances in the New York City tristate area. For those of us interested in baseball and hockey, outings will be planned to see the NJ Devils and NY Mets.

In the upcoming weeks you will be hearing more and more from us. Get ready to get jolly!



Culinary Corner

by Yulanka Castro Dominguez

Pastelon de Platano Maduro - Dominican-Style

Yellow Plantain Casserole

Anyone who's had the privilege of having a Dominican friend knows that we are crazy about plantains. The variety of plantains along with the number of dishes we can prepare with them are countless. Dominican cuisine is in general very easy and spontaneous, it always has that tropical touch to it with a lot of flavor and color.

Pastelon de Platano is a very popular dish original to the Dominican Republic. It can be used as the main dish, with a salad on the side. The filling is generally beef, but you can also substitute the meat for seasoned and fried vegetables and it will also be delicious!

Ingredients (6 servings):

10 yellow plantains (best ones are the ones that are the most ripe, dark and soft)

½ teaspoon of salt

½ cup of milk

¼ cup of butter

Filling:

1 pound ground beef

1 tablespoon of canola oil

½ pound of cheddar cheese

1 yellow onion

1 green bell pepper

½ cup of tomato sauce

1/2 cube chicken bouillon

1 teaspoon crushed garlic



Directions:

1. Preheat oven to 400 degrees F. Spray a baking dish with cooking spray.
2. Place plantains and salt into a large pot and cover with water; bring to a boil. Reduce heat to medium-low and simmer until plantains turn a darker yellow. Cook until tender, about 15 minutes.
3. Mash plantains, milk, and butter together in a pot until smooth.
4. Heat oil in a large skillet over medium heat. Cook and stir ground beef, onion, bell pepper, tomato sauce, garlic, and chicken bouillon, adding water if mixture gets too dry, in hot oil until beef is browned and cooked through, 10 to 12 minutes.
5. Spread 1/2 of the mashed plantains into the bottom of the prepared baking dish. Pour meat mixture over the plantains and top with Cheddar cheese. Spread remaining mashed plantains over the cheese. You can also pour some cheese on the top layer.
6. Bake in the preheated oven until plantains are golden and filling is bubbling, about 10 minutes.
7. It's an easy to make recipe. Enjoy it!

Happy Fathers Day to All our Dads!



RCQ Brought To You By:

Chief Residents: Nneoma Okoronkwo, Pavan Patel, Richard May, Ahmad Yousaf, Vidhi Kapoor, Aileen Tlamsa, John Kern

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Comments: Email ruchiefs@gmail.com

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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!

April

Interns:
Dan Pievsky
Njambi Mathenge
Tanzila Razzaki

Senior:
Pat Buczynski
Yucai Wang
Margaret Mysliwiec

May

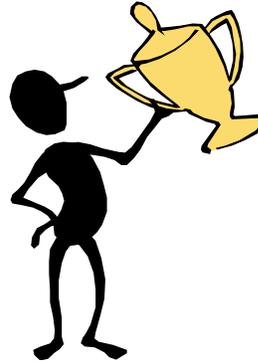
Interns:
Sarah Lee
Rishabh Gulati
Igor Eyzner

Seniors:
Jaimie Mittal
Sandra Aleksic

June

Interns:
Patrick Mitchell
Njambi Mathenge
Dan Bodek

Seniors:
Tamara Khaimchayev
Larysa Sanchez
Yulanka Castro



NEJM Image Challenge

What is the diagnosis?



- A. Staphylooma
- B. Pigmentary Glaucoma
- C. Conjunctival Hemorrhage
- D. Melanoma
- E. Squamous Cell Carcinoma

Ans Melanoma

Announcements:

In House Connections:



- Sajid Mirza: Cardiology Fellow



- Scott Dinneen: Gastroenterology Fellow



- Sean Sullivan: Attending, EOVA



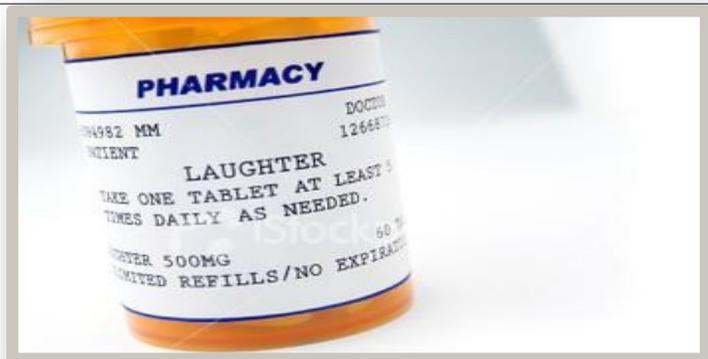
- Anthony Kim: Hospitalist, HUMC



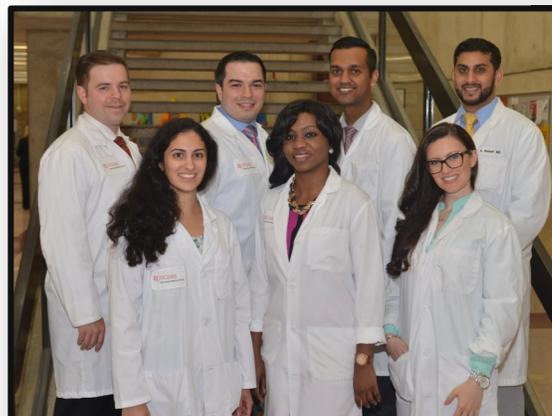
- Enoc Fernandez: Hospitalist, UH



- Sima Patel: Allergy & Immunology Fellow



Questions? Need to talk? Call!



UH
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6054
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2592
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x1873, 1874, or