

## Resident Connections Quarterly

### Rutgers NJMS Internal Medicine Residency Program

Volume 6, Issue 4

Spring 2015

## Career Night

By Aileen Tlamsa

The fellowship application and job searching seasons are now approaching at lightning speed! What is an internal medicine resident to do? Laugh, cry, or panic? Luckily, the Department of Medicine came to the rescue on a Thursday evening in April to lay out a game plan for those of us in this very predicament.

The annual Department of Medicine "Career Night" was held in the Rosemary Gellene room on April 16<sup>th</sup> 2015. The event has been a wonderful tradition for the past several years, timed strategically to provide early guidance and direction to the future fellowship and job applicant. We were fortunate and honored that our generous and dedicated panel of attending physicians participated in this event. The span of specialties represented truly ran the gamut: gastroenterology, cardiology, infectious diseases, pulmonary/critical care, endocrinology, allergy/immunology, primary care, geriatrics, rheumatology, and hematology/oncology.

The night began with a catered dinner and an introduction by our very own program director, Dr. Kothari. Information packets were provided for each resident, chock full of pertinent information regarding the fellowship application process. The residents were then given an opportunity to ask the esteemed panel questions. The panel happily answered questions regarding the fellowship application process, interviewing, letters of recommendation, research, and the qualities of an ideal candidate.

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*"To array a  
man's will against  
his sickness is the  
supreme art of  
medicine."*

*- Henry Ward  
Beecher*



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After the panel session, the attendings dispersed into small groups dedicated to each field. Interested residents were encouraged to participate in a roundtable discussion with the specialist, asking questions pertinent to that fellowship or career path. A few of the residents also took advantage of the CV reviewing service offered by the chief residents and Dr. Kothari.

As the night drew to a close, the residents appeared inspired and excited for this next career step. The dedication of time and efforts by the esteemed panel of experts was greatly appreciated. Our Chairman of Medicine, Dr. Klapholz, was also in attendance at this event. He spoke briefly about fellowships, research, and the ever-changing face of medicine. Ultimately, his message was this- be passionate and pursue a career that you are passionate about. And with that final inspiration, the residents in attendance at this insightful event were galvanized to start their careers. A good time was had by all, and the residents left excited about the path ahead of them. Until next time, be passionate!

## Golden Apple

by Aileen Tlamsa



(Left) The coveted Golden Apple awards lined up. (Center) Dennis Villegas, Natalie Cedeno, and Njambi Mathenge among some of the medicine residents nominated for this award. (Right) Ipsit Pandya, Aileen Tlamsa and her husband Kevin Bregande, and Nneoma Okoronkwo competing for best smile.

The Annual Golden Apple Awards ceremony was held on March 28th. The ceremony, which is thrown by the NJMS Student Council, serves as a way to thank and award all the residents and faculty whom the NJMS medical students feel were especially involved in making their educational experience special. As always, the Internal Medicine Residency Program had a very strong showing with 49 of our own residents nominated for this prestigious award. Winners from the Department of Medicine included our former resident, now cardiology fellow—Tariq Niazi, a former Chief Medical Resident and now attending—Dr. Alex Tentler, and yet another former resident and now Med Peds Program Director—Dr. David Cennimo. Not to be forgotten was our beloved Dr. Ralph Oriscello, who was awarded and thanked for his infamous EKG rounds, witty humor and steadfast dedication to the NJMS medical students. As always, it was a spectacular night, filled with fine dining, formal attire, fancy dance moves, and lots of fun! Congratulations to all the nominees and award recipients. Thank you for continuing to lead by example and inspire the next generation of excellent physicians!

## VA Ambulatory Clinic Changes

by Sean Sullivan and Abdullah Khan

Changes have been made to the structure of the VA Ambulatory rotation. In addition to the traditional ambulatory clinics, residents are also encountering patients in a variety of new settings. For instance, at the Center of Health and Wellness (CHW), residents learn integrative and progressive ways to provide primary care. It is a patient-centered approach to health care, including nutrition, mental health, and pharmacy. Residents also develop unique skills at the Substance Abuse and Treatment Program clinic. Finally, at the Hackensack Community Based Outpatient Center, residents rotate with a former inpatient teaching attending Dr. McAdam. All this makes for a well-rounded learning opportunity. Now if you'll excuse us, we're scheduled for some massage therapy at the CHW.

## The Poetry Corner

by Ahmad Yousaf

The exhaustion arrived with baggage under my eyes.

The fatigue that moved in last week now permanently resides.

The body-aches hold it down and put up shop, The stress knocks to enter and refuses to stop.

I search for quiet but these new residents seem here to stay four weeks seems a mile away today.

My list grows long no matter how fast I discharge and dictate. My pockets are empty. Meal money depleted. Fake Indian food on my plate.

But then I remember the smiling lady who I helped make pain free. The man who hugged me for speaking to his daughter about her beauty despite an ostomy.

The mom who held my hand for a long time before she finally took her baby home after having meningitis. The family that finally saw us on their side despite them initially doing everything to fight us. I remembered how lucky I am to be here despite the need to still write a hundred notes. Or the fact my dress clothes lay unironed and wrinkled underneath my cape—my white coat.

I walk the floors one final time before getting home to the people I will love forever, my wife and baby waiting to play. Nodding at each patient as I pass their room to say goodnight, the people I have loved for at least today.

And I wouldn't have it any other way!



## March Madness

By John Kern



Teams at HackensackUMC with their game faces on for Round 1

Madness competition round one on March 18 with the winning team from each site then vying for the right to call themselves March Madness champions!

Representing Team Hackensack (Hackenslack) were Gustavo Churrango, John Kern, Tamara Khaimchayev, and Mitesh Shah. Team UH (Uhhhhh) was comprised of Sima Patel, Genevieve Streb, and Tanzila Razzaki. And finally Team VA (I'm on Break) included Shuchie Jaggi, Tasnim Imran, and Rachael Shapiro.

The championship round took place on March 27 to coincide with UH pizza day. Coincidence or were the Hackensack and VA Chiefs just trying to score some free pizza? One by one, a series of very difficult questions flashed on the screen. These champions amongst champions were undeterred- their pens meeting paper, writing down the correct (and sometimes really incorrect) answers. The half time show featured UH and VA Chiefs in a video showing off their Can-Can skills, while the contenders and spectators enjoyed some pizza. At the end of halftime came the final round of questions. Again the contenders were undeterred. As the last question flashed on the screen, it was clear all three teams had given it their all. But as in Highlander- there can be only ONE, and Team VA emerged as the victors. Congratulations to all who took part in this year's March Madness competition - and a special congratulations to our winners. Until next year...

## Match Day

By Richard May

Their palms were sweaty. Knees weak, arms were heavy. How could a single piece of paper or a short email determine the fate of every residency position nationwide? This question has been asked every year since 1952 and it was answered again on March 20, 2015. The dozens of tours, lunches, and interviews culminated with a newly selected intern class (It was clearly the Panera sandwiches that convinced them). Congratulations to those who will be joining us next year! Be sure to come to the Intern Meet and Greet (June 19 at the Boat House in Verona Park) to introduce yourselves to your new colleagues, eat mom's spaghetti, some cake, and celebrate the beginning of a new academic year.

## Who's Who: David Cennimo

By Aileen Tlamsa

On any given day at University Hospital, you may run into Dr. David Cennimo. Whether he is rounding on floors with the medicine team, seeing patients in ID clinic, discussing antiretroviral regimens on ID consult, teaching medical students as an assistant professor, or busy running the Med-Peds program as the program director, Dr. Cennimo is energetic and passionate about his work at Rutgers-NJMS. Let's find out a little bit about Dr. Cennimo and what makes him tick.

Dr. Cennimo was born in Bayonne, New Jersey. He attended Oratory High School and went on to receive an undergraduate degree at Drew University. Passionate about medicine, Dr Cennimo attended UMDNJ - NJMS where he earned his MD degree. He then decided to stay at UMDNJ-NJMS given the great patient diversity and completed a 4 year Med-Peds residency, along with a

chief residency in the Department of Medicine. His passion for infectious disease then propelled him to pursue not one, but two infectious disease fellowships in both medicine and pediatrics, respectively, making him ultimately a PGY-10 at NJMS! Talk about dedication! He stayed on as an assistant professor and infectious disease attending at NJMS, and just last year he was made program director of the Rutgers JMS Med-Peds program. He continues to serve the University Hospital community, juggling many different roles in order to teach the doctors of the future, guide residents in training, and importantly, treat the patients of Newark.

What makes Dr. Cennimo love the NJMS medical school and residency program? Although he is a New Jersey native and proximity was convenient, Dr. Cennimo recalls that he was impressed by the diverse and challenging clinical experience that NJMS provides. "I liked clinical work, and as a medical student and resident you can really get involved in your patient's care and make a difference. At University Hospital, you certainly take ownership and responsibility of your patients in a way that you may not experience at a different program, a vital asset in medicine training."

In regards to choosing infectious disease, Dr. Cennimo reports, "I don't particularly favor one specific organ system, and ID touches upon all of them. It is also very easy for a Med-Peds resident to specialize in ID because there is a huge crossover. Coming up training in Newark, everything was ID in the 2000s. We're still a very ID heavy training program, but the amount of



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AIDS patients that we treated when I trained was electrifying. I was in medical school when protease inhibitors first came out, and that's when things started to turn around. It was a very exciting time, because patients started to get better. Infectious disease in the 2000s is like Oncology today. With genomic and personalized medicine, you can now see patients survive an otherwise devastating diagnosis."

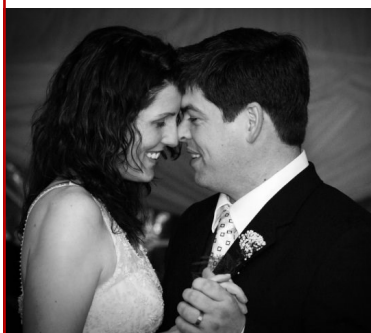
Some advice for housestaff? "Work hard, take good holistic and detailed care for your patient. You may have to fight the system, but it doesn't matter. At the end of the day, you know the right thing to do for your patient and remember to keep sight of the fact that your patient is depending on you."

Well you can't have all work and no play, right? For fun, Dr. Cennimo enjoys watching hockey and is an avid fan of none other than the New Jersey Devils. Perhaps you may find him cheering them on in the stands of the Prudential Center in our very own downtown Newark.

Dr. Cennimo is a testament to what it means to belong to the Rutgers NJMS community. So to show him your appreciation, next time you see him rounding on I-Blue, chant "Let's-Go-Rangers!", but make sure you get your evaluation beforehand!



## Who's Who: Patrick Mitchell



I was born when "Annie's Song" by John Denver was the number one single (I'll leave it at that!) I hail from the small town of Navan in the east of Ireland, where Pierce Brosnan was also born. I am the eldest of eleven (yes, eleven)! I grew up in rural Ireland where family life revolved around Gaelic football, hurling, music, and farming. I'm the only doctor in my family; however, my siblings have exciting lives scattered throughout the world.



My career path to date is somewhat convoluted! I developed an interest in science during high school and naturally went on to complete my BSc in Dublin. While in college, I applied for a Green Card (because in Ireland, that's what you do!) and was lucky to get one. After graduating, I decided to move across the pond to the U.S. to sample life there. I originally moved to Savannah, GA and worked in industry for a year and half. However, the desire for continued learning was too strong so I moved to Atlanta, GA to complete my PhD in molecular physiology at Emory University. If you want to become a scientist, the natural order of progression is to do postdoctoral work. I remained at Emory to complete two postdoctoral fellowships and I was fortunate to be appointed to the faculty in the Pulmonary Division at Emory University. I collaborated with many physicians in the area of lung transplant and it was during this time that my interest in clinical medicine blossomed. Before long, it became clear to me that my personal goals and desire for lifelong learning would be best realized by pursuing a career in medicine. In 2009, I made the bold move to switch to a career in medicine and moved back to Ireland for medical school (University College Cork).

I met my beautiful wife Leslie in graduate school and we were married in 2009 just before I started medical school. Leslie is from Maine and we are fortunate to have refuge there with her family on holidays and golden weekends! We have three boys: Oliver (almost 4 yrs), and twins Ian and Flynn (almost 2 yrs). Suffice it to say there is never a dull moment in the Mitchell household! For me, the best part of every day is coming home from work and seeing the excitement on my boys faces when I open the door.

I feel extremely fortunate to be part of the residency program at Rutgers. The program has allowed for a great didactic experience due to the strength of the faculty, attendings, and senior residents. I believe we are being well-prepared for post-residency posts due to the wide range of experiences from our three hospitals.



**Random facts:** I used to have a pony tail, I joined a bluegrass band (I play the fiddle) in Atlanta and played all over the Southeast. I am a certified white-water raft guide. I have a rather unhealthy man-crush on Will Ferrell. I can't stand peanut butter, sour cream, and heights!





# Beginners Guide to...

## Finance

by Sean Sullivan

Residency is the perfect time to start working on your personal finance. A great place to start is by budgeting your money. Whether you are an intern or an attending, budgeting your money is an absolute must. You can use something like Excel and track all of your monthly spending, or a newer smart phone app such as Mint (which I use), YNAB, or BUDGT, but use something to start keeping track of where all of your money is going.

Once you have a monthly budget you can start trying to save a small amount of money each month for important items such as life insurance, disability insurance and retirement accounts like a Roth IRA. Obviously each situation is different, some residents are parents, some live at home with their parents, some have no loans while others have astronomical amounts in loans, but at the very least you should be budgeting.

Lastly, start to read about finance. Too many physicians, who make a lot more money than residents, know nothing about finance and are worse off for it. A great place to start is a site created by a ED physician, <http://whitecoatinvestor.com/>. Any questions stop by the VA and come talk to me.



## Backpacking

by John Kileci



### 1. Be Open to New Things

"It's all about the experience." This is a comment I came up with years ago while travelling through Central America over 8.5 weeks. I use this quote so often that random people I've met on the roads have kindly asked me if they could use this somewhat copyrighted statement. What I mean is the fact that being random while travelling is what makes travelling beautiful. Example: Recently a friend and I went to a very secluded beach in El Nido, Palawan, Philippines. It was so beautiful that we decided to stay until the sun came down. By the time we left the beach the Tuk-Tuk (tricycle motorcycle) that had taken us there was long gone. Imagine being on a road with no lights and no car passing for twenty minutes at a time-pure darkness.

I heard a motorcycle engine and used the cell phone's flashlight to wave him down. He had passengers but he was willing to drop us in town for a nominal fee. So, at 11pm with a complete stranger, we went into town on a motorcycle in pitch black in the middle of nowhere. That's what I call "good times."

### 2. Be Safe

When I say be random, I also cannot stress being safe enough. The first thing I do when I get to a new place is ask the locals what they think of the area. And nothing beats your gut feeling! You'd be shocked how dangerous big cities can get compared to tiny little towns with no flashing lights. Sometimes it's much safer to stay out in the middle of nowhere till late hours than partying in a major city where there will be people watching you all night. Remember danger exists everywhere and be careful. Always leave some cash and credit cards in your backpack that you leave behind when you go out. Carry a certain amount that you're willing to lose and distribute that amount among your pockets. Do not use a money belt as one will put everything in that ugly accessory and guess where your robber's first place to go will be? Make sure you have a copy of your passport on you at all times. Trust me, it will come in handy and if you want to hear why I am stressing this, come find me in person.

### 3. Get Ready to Get Dirty but also Stay Clean

You will be carrying the same clothes for many days/ weeks on the road which means you will wear the same sweaty shirt over and over. Be ready for your clothes to have stains all over but this should never stop you from loving that country. I was in Cartagena during a festival where people threw ink, paint, foam and lukewarm water with detergent in it all over me. Went back to the hostel, changed my clothes to be showered by a bucket of detergent water dumped on me off a balcony within 5 minutes. Everyone on the street was laughing and so was I. I loved it! My #1 rule is make sure you always have clean underwear. The shirt's sweaty scent could be masked with cologne but nothing's worse than getting a fungal rash in 110F weather.

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### **5. Respect the Local Culture and Contribute:**

I agree, bargaining is mostly a must when you travel, BUT do not overdo it. When you have a 16 year old selling you a hand-woven hoodie in the local market of Chichicastenango be wary that your contribution will make that family's only income. When you backpack for weeks like I did before my residency days, nothing beats a volunteer activity at a local NGO. This could be anything from distributing clothing to orphaned kids in Kathmandu to volunteering at an animal shelter. Make sure you try to contribute in any dollar amount you can if you truly believe it is a non profit organization because your several days of help goes only so far but your financial contribution will ensure these organizations' survival after you leave.

## **Running**

by Malorie Meshkati



### **1. We are all runners!**

Just like the popular book title says, we are all "born to run." I truly believe that we are all runners. Lots of people tell me that they try to run but they cannot run more than 2 minutes or half a mile or even a few miles. The key to running is PACING. A common mistake is that a person will try to run but will pace themselves too quickly and inevitably feel short of breath and defeated after a short distance. By pacing oneself to run more slowly, one can ultimately conquer any distance. Start by running slower than you believe you can run and aim to conquer a longer distance than you have run in the past. Then work on running that distance, slightly faster each time. Using a simple stopwatch is a good way to keep track of your total time (although there are apps for phones to track your pace as you run if you prefer that). Once you feel comfortable with that distance and your new faster pace (let's say after a few weeks or so), then work on gradually increasing the distance which you are running.

### **2. Don't ignore pain! (but don't be a baby!)**

You will have pain. Pain comes with the territory, but it's important to know which pain is acceptable pain and which pain signifies something could be going on. Acceptable pain: general aches and pains, pain that you experience after a run. Worrisome pain: acute pain that begins during a run, any pain associated with swelling and/or bruising, and obviously any pain that you (as a doctor) feel is worrisome. I want to stress that you will have pain. Most runners to whom you speak will tell you that they have pain, lots of aches and pains. Most running injuries occur as a result of weak muscles. A great way to prevent that is to incorporate strength training into your running routine. Perhaps start by running 2-3 times a week and do strength training of your legs once a week. By strengthening your muscles, you prevent extra strain on your joints and tendons. And invest in a foam roller to help your muscles recover!

### **3. Invest in a good pair of sneakers**

In addition to strength training, another way to avoid injury is by wearing the proper shoes for running. Tennis sneakers and walking sneakers do not provide the same support as sneakers made specifically for running. Additionally, we each have different types of feet and different ways in which we run. For a great fit, try Road Runner Sports or any other running specialty store. These types of stores have "analysts" that look at your arches and watch you run on a treadmill to determine your stride. By putting all these factors together, they can recommend specific types of sneakers such as highly supportive sneakers or more neutral ones with less support. While you may think that all this is a gimmick of sorts, it really does help prevent and overcome injury. So invest in a good pair of sneakers and then use them only for running. Do not wear them around town or to the gym for Zumba; wear them only for running!

### **4. Set a goal**

No goal is too big or too small. Setting a target for yourself is a fun way to keep yourself on track. Most states have running groups. And here in New Jersey, we are lucky enough to be next door to the New York Road Runners (NYRR). The NYRR have multiple races throughout the year - races from 5K and 4 milers up to the NYC marathon. Many of them have fun themes such as the St. Patrick's day run, the Japan cherry blossom run, and even a Halloween-themed run. Once you start running, sign up for a run a few months down the road. This future race can be your motivation to continue training and keep on track.



# Social History

A collage of 12 photographs showing various social activities and group photos of students and faculty members. The photos include: a group of nine people in formal attire; two people on horseback on a beach; a group of seven medical students in white coats; a group of five people in white coats; a group of three people in white coats; a group of four people in white coats; a group of three people in white coats; a group of three people in white coats; a group of three people in white coats; a group of three people in white coats; a group of three people in white coats.



## RCQ Brought To You By:

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**Program Director:** Dr. Neil Kothari

**Comments:** Email [ruchiefs@gmail.com](mailto:ruchiefs@gmail.com)

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[http://njms.rutgers.edu/departments/medicine/internal\\_medicine/](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!

### January

Joseph DeRose  
Vivek Joseph  
Claudia Miranda

### February

Natasha Piracha  
Nitasha Bhatia  
Natalie Cedenio

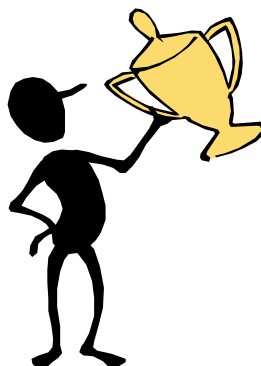
Priya Patel  
Daniel Pievsky  
Yucai Wang

Michael Agnelli  
Chris Estervine  
Xiangli Li

### March

Daniel Bodek  
Rishab Gulati  
Patrick Mitchell

Sandra Aleksic  
Shashank Jain  
Elaine Zhai



## NEJM Image Challenge

What is the diagnosis?



Ans: Segmental neurofibromatosis

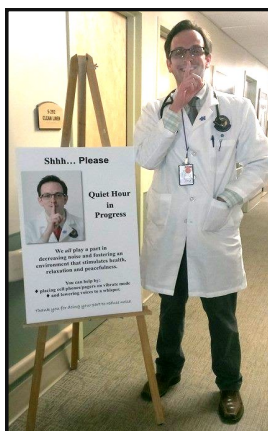
## Events/Announcements

### From the Chiefs/Editors

Wow, 13 blocks go by fast! We just wanted to take a moment and thank everyone who has contributed to the RCQ. Thank you for your thoughtful articles, your recipes, and your pictures. We want to thank Dr. Kothari who spends an obscene amount of time reviewing our work and getting this newsletter printed for all of us to enjoy. And for all of you who read/flip through the RCQ—we hope you enjoyed the product we put out this year. We are so proud of all the NJMS residents— they truly do embody the [corny] saying Dr. Kothari uses during interview season—"Work Hard, Play Hard". Best of luck to everyone in the years ahead!

### Paging Dr Sullivan

Congratulations to our very own Chief Resident who is now the newest member of the EOVA Internal Medicine Attending staff! We know Dr. Sullivan is going to excel as a physician and teacher. We wish him all the best. So next time you're at the VA, look for Dr. Sullivan in his cushy new office. And if you can't find him there, just look around for one of those quiet time signs!



### Congratulations 2016-2017 Chief Residents

Congratulations to the following superstar residents on being selected from an incredible pool of worthy candidates. We wish you all the best!

#### UH Chiefs

Joseph DeRose  
Mohleen Kang

#### VA Chiefs

Christopher Estiverne  
Daniel Matassa  
Priya Patel

#### Hackensack Chiefs

Jill Deutsch  
Larysa Sanchez

## 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

