

Resident Connections Quarterly

Rutgers NJMS Internal Medicine Residency Program

Volume 8, Issue 5

Summer 2018

Career Night By Sejal Kothadia

On the evening of May 10, 2017, residents, fellows, and attendings from several specialties gathered for Career Night. Representatives from the departments of Cardiology, Nephrology, Infectious Diseases, Allergy and Immunology, Gastroenterology, Hepatology, Pulmonary and Critical Care, Geriatrics, Endocrinology, and Academic Internal Medicine discussed the opportunities available within their respective fields and provided insight into the fellowship application and selection process. Tips of the trade, statistics on prior residency matches and timelines were provided in a packet for residents, and later shared with the entire residency program electronically.

Following a hearty dinner, the audience broke into small groups by subspecialty, to discuss the fine details of applying and how to prepare for a bright career. Residents had the opportunity to ask questions to program faculty and discuss their interests with fellow classmates.

The event had a great turn out and was well-received by all attendees. We thank Dr. Feurdean and the medical education staff for their efforts in organizing the event, and all of the participating attendings and fellows for providing useful input into the application process. We are looking forward to a great 2019 Fellowship Match !



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Summer Fun!

By Janice Liu



Smorgasbord

Location: Williamsburg Waterfront, Brooklyn (Saturdays)
Prospect Park, Brooklyn (Sundays)

Hours: 11AM—6PM

If you're a foodie, look no further than Smorgasbord in Brooklyn, an outdoors food market with over 100 local vendors selling various cuisines from the famous ramen-burger to churro ice-cream sandwiches. What better way to feed your soul (and stomach) than to grab your fellow residents and spend a day eating and sunbathing next to the Manhattan skyline?

New York Philharmonic Free Concert

Location: Central Park (June 13th, 2018 8PM) and Prospect Park (June 15th, 2018 at 8PM)

If the idea of picnicking in the iconic Central Park under the stars with your friends, listening to classical music while eating cheese and drinking wine sounds like a perfect night out for you, then this may be the best event of the summer! Every summer the NY philharmonic provides a free concert series in the park. It's the perfect opportunity to enjoy the outdoors and take in some of the city's best cultural attractions.

Bonus: If you don't want to travel that far, Hoboken will host the NJ Philharmonic by the waterfront for a similar experience on June 30th!



Bryant Park Summer Movie

Location: Bryant Park in Manhattan (June 19-August 21)

New York is all about the outdoors in the summer, and movie night is no exception. Bryant Park hosts movie night in the park, where you can bring your blanket and food, and ... watch movies. This year is the 25th year of the event, so they are bringing back all the classic movies from 1933 to 1987 (now is your chance to see the original King Kong!). Search their website for details.

Bonus: Similar event in Hoboken with more recent movies!

NYC Free Kayaking

Location: Pier 96 or Dock at 72nd St

Time: 5/26-8/7 (Saturday—Wednesday, hours vary)

First-come first-served sessions for free kayaking are available. What better way to see the Manhattan skyline than to row along the Hudson River? It's active, it's fun, and best of all, it's free!



Who's Who: Dr. Lissette Cespedes

We would like to welcome Dr. Cespedes, the newest member of our Endocrinology department! Dr. Cespedes is a first-generation Cuban-American born and raised in Union City, NJ. Although she has lived most of her life in New Jersey, she attended Brown University as an undergrad and even traveled for a semester abroad in Seville, Spain. Although new to our faculty, Dr. Cespedes has been a familiar face in the Rutgers NJMS community, from working in the Division of General Internal Medicine while in college to graduating from Rutgers NJMS Medical School in 2011.

Dr. Cespedes completed her Internal Medicine residency at Rutgers Robert Wood Johnson, where she continued her training with a fellowship in Endocrinology. She chose Endocrinology because she enjoyed the diversity in pathology, as well as the long-term relationship with her patients. Joining the faculty at NJMS represents a journey that has come full circle, and Dr. Cespedes is looking forward to working with a wide spectrum of learners, from medical students to Medicine residents and Endocrinology fellows. She is also looking forward to serving the diverse Newark community in providing medical care that is both language and culturally sensitive.

Dr. Cespedes stands proudly with her family of 3 children (ages 5, 9 and 17 months) and her husband of 12 years. Outside of being a physician mom, she loves going to the beach with her family and is very active in her spare time. She enjoys fitness, such as running and dancing (especially to salsa music!) and has even completed 2 half-marathons and 3 Spartan obstacle races! She leads by example to combat the current obesity epidemic. We look forward to having her as a mentor and role model for our community!

Name: Lissette Cespedes, MD

Medical School: Rutgers NJMS

Residency: Rutgers at Robert Wood Johnson

Fellowship: Endocrinology at Rutgers at Robert Wood Johnson

Fellowship: Academic medicine at Rutgers NJMS

Superpower: Spartan race finisher, half-marathoner, first in the family to attend college and obtain a doctorate



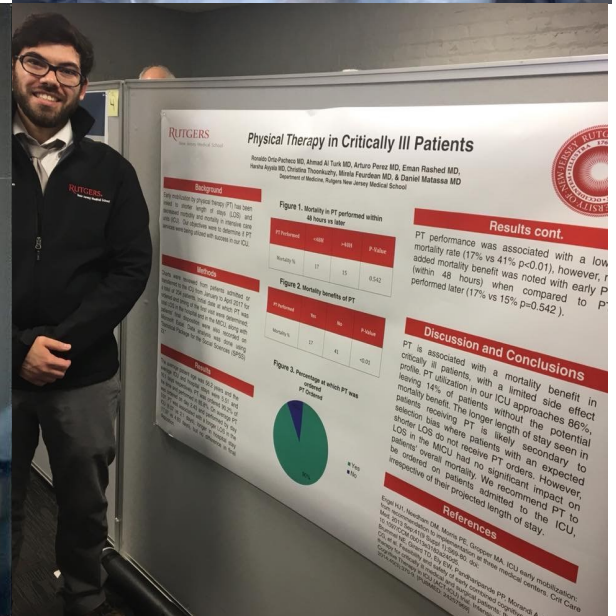
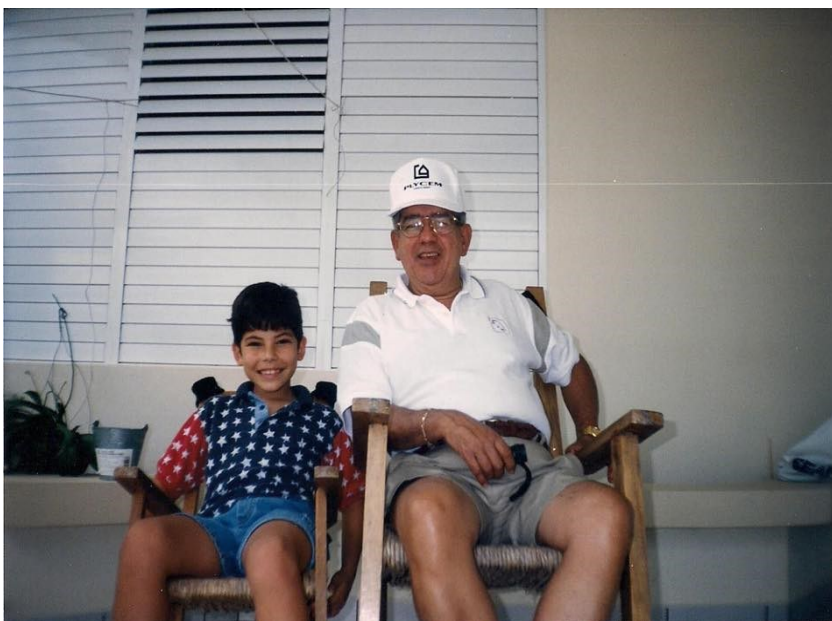
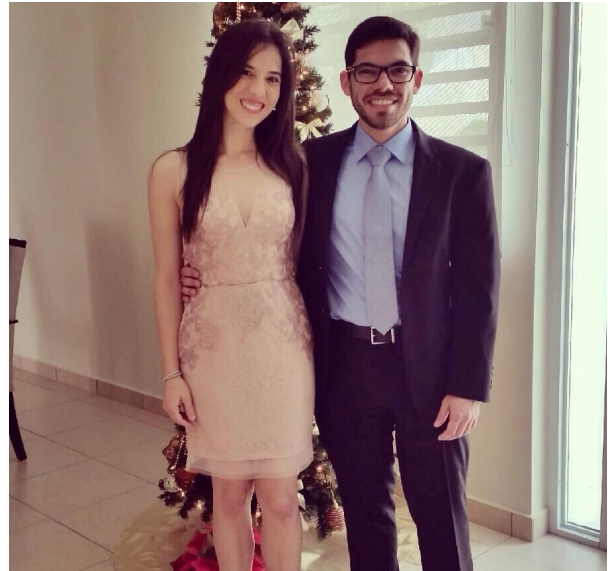
Who's Who: Dr. Ronaldo Ortiz Pacheco

Hello friends and colleagues, this is your friendly neighborhood resident, Ronnie! My full name is Ronaldo Enrique Ortiz Pacheco, and my official last name is Ortiz Pacheco (yes, two), but I usually go by Ortiz because it's easier. I was born and lived most of my life on the island of Puerto Rico, although I also lived on the West Coast and in Fort Lauderdale, Florida. After finishing high school in Puerto Rico, I studied biology at the University of Puerto Rico Mayaguez Campus and then completed my medical degree at the University of Puerto Rico Medical Sciences Campus.

My interest in medicine did not start until the end of high school; I initially wanted to be a trauma surgeon, but I gradually found myself trying to escape the OR rather than scrub in. Internal Medicine offered me something that I greatly appreciate: diversity and camaraderie. The NJMS program reminded me of the UPR program in that it provides rigorous training in an urban setting that allows for exposure to highly diverse pathologies.

As my second year comes to an end, I reflect on all I have learned and experienced. Particularly after hurricane Maria hit Puerto Rico, I have learned to be grateful of the things I have and appreciate family even more. The death of my grandfather had a deep impact on me: he was always my number one fan, would tell everyone I was in medical school and would ask me a million questions about different diseases and their treatments. With his death, I felt like a chapter of my life finished and another began. I probably could not have gone through all the grief without my partner in crime, Maria (not the hurricane). For those of you who know her, she's the one who usually keeps me in check and her psychiatry residency helps her deal with me!

In my spare time, you will probably find me watching a lot of shows and movies. Anyone who knows me knows that I am a huge Science Fiction aficionado. (I have probably seen the original Star Wars Trilogy a dozen times or more!) I also have a lot of World War II books lying around. As if books were not enough, I have probably watched Saving Private Ryan a million times. One of the most memorable moments of my life was visiting the National World War II memorial in Washington, DC where the pillars around the memorial are inscribed by every state and territory that sent troops to fight. Seeing Puerto Rico's pillar has always brought me pride!



Hola from Patagonia By Janice Liu

If you ever get a chance to do something adventurous, challenging, but absolutely worth it, you MUST go to Patagonia. Patagonia is a beautiful region located at the southern tip of South America that spans across Argentina and Chile. Some of the more famous trails include the W-trek in Chile, and various hikes to see glaciers and Mount Fitz Roy in Argentina. The travel is not for the faint-hearted since getting to Chile takes well over a day, requiring 2 airplane rides and 2 bus rides. Despite the grueling trek on my backpack-naïve shoulders, sleeping in tents, eating ramen every night and Snicker bars everyday, we made it across the trail in one piece, experiencing some of the most beautiful (and Instagram worthy) scenery I have ever seen in my life. After Chile, we took another bus into Argentina Patagonia and witnessed the beautiful Fitz Roy mountain and Perito Moreno Glacier. It is truly a trip of a lifetime and I would recommend it to anyone who loves nature and travel!



Viva España! By Elizabeth Tam

I went on a tour of Spain this past April for my vacation where I visited 7 different cities in 12 days. I woke up at the crack of dawn almost daily to learn about the history of Spain, sightsee, and of course, to eat the most unique and amazing foods. Yes, the early hours and packed schedule were sometimes tiring, but I enjoyed every minute of it! I almost feel like a kid every time I go on these vacations because every day is literally a new adventure filled with new vistas, emotions and sounds. It is probably why I am jumping in mid-air in most of my pictures: I'm just embracing my inner child, at least just for that moment before I return back to the adult world!



Fun Times at NJMS! By Ryan Butzko

Karaoke: the best way to enjoy a well-deserved night off! Whether you can sing like Freddie Mercury, dance like Ricky Martin, or just sit back and watch everyone else make a total fool of themselves, it's got something good for everyone. But who cares how well you can do any of that when you have a crew as good-looking as this one? Come join us for our next outing!



2018-2019 In House Connections...



Edrik Acevedo

Geriatrics



Elizabeth Tam

Academic Hospitalist



Brijesh Patel

Cardiology



Khaled Abu-Ihweij

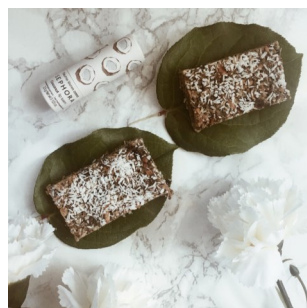
Pulmonary/Critical Care

Culinary Corner via SongofStyle

Raw Bar Recipe

Ingredients:

- 1 Cup Quick Oats
- 1/4 Cup Sunflower Seeds
- 1/4 Cup Coconut Oil
- 4 Tablespoons Chia Seeds (optional)
- 12 Medjool Dates (Seeded and Chopped)
- Unsweetened Coconut Flakes for Topping



Directions:

1. Preheat Oven to 360
2. Mix the oats, sunflower and chia seeds, and coconut oil together and spread on parchment paper and bake for 15 minutes, stir, and bake for 15 minutes more
3. Let oats cool for 5-10 minutes
4. Mix warm granola with chopped dates until completely combined
5. Line a baking dish with parchment paper and evenly press in mix
6. Sprinkle coconut mix on top
7. Cover with plastic wrap and freeze for 2-3 hours...and enjoy!

A Farewell from Your Chiefs

As our chiefdom nears its end, we want to say thank you to all of our residents. We're grateful for the opportunity to have learned so much from all of you (and we hope that you've learned from us in turn). As we move on in our careers, we'd like to share with you some of the important lessons we've learned throughout residency and hope that these lessons might resonate with you as you continue residency, fellowship, and beyond. We wish everyone the greatest success in your future careers, and don't be strangers, keep in touch with the best group of chiefs you've ever known! :]

Residency is 3 years for a reason. You do not come out of medical school knowing how to be a doctor. Know that through residency, you are going to make a mistake, you are going to forget to order an antibiotic, forget to follow the lactate, miss the PE, etc. IT HAPPENS! Learn from each mistake, move on, and don't beat yourself up about it.

Follow what makes you happy! We spend many years in school and training, away from family and friends, working weekends, etc. Pick something you think you will be excited about each day. It's OK TO DO PRIMARY CARE :)

Be kind to your co-residents and work as a team. It is much more fun to be stuck in the hospital until 11PM on a call day with friends!

Bring lots of snacks for night float shifts. Eating chips and salsa while answering 10 thousand pages makes everything a little bit better!

- Genevieve

Enjoy the journey! Our lives and this role we have is a privilege (and a gift). Not every day will be fun or exciting, or easy for that matter; but even on those hard days, and on those days when you have no idea how things will come together, keep showing up, remain diligent, and dare I say: be fiercely optimistic!

Remain humble, take nothing for granted, and don't let the fear of something new or challenging or unknown cripple you. Learn from everyone you can, read (something) everyday, look for the good in people, invest in your support systems, and find something to smile about everyday. Always be yourself and the rest will follow (even if it takes a while or looks differently than what you expected)! Trust the process, be kind, and choose a heart of gratitude (even for the "littlest" of things).

- Njambi

Always remember that you are in training. Never be afraid to ask for help or advice. Finally, try to honestly assess both your strengths and weaknesses, which may require asking for feedback.

- Dan

Define your own metrics for success. Hold true to your values and ethics and find love and passion in what you do. Don't be afraid to go outside your comfort zone and explore different opportunities. Enjoy the people and camaraderie of residency and find joy in the little things. Be yourself, above all else.

- Claudia

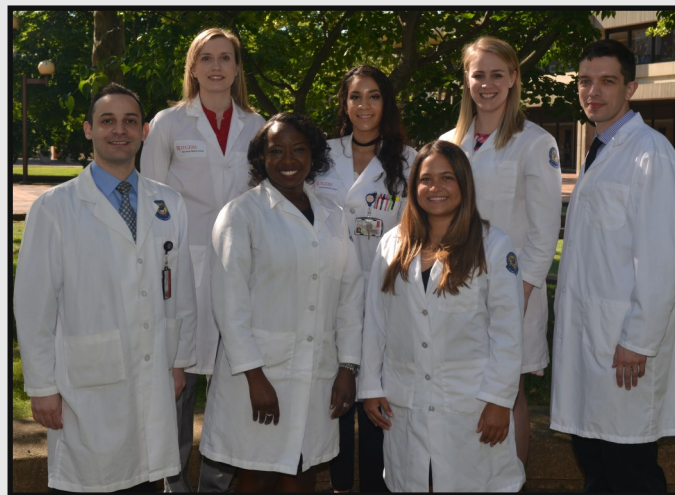
You are in an amazing time in your career which will shape you as a physician. Learn as much as you can from your patients, your peers and attendings. Never forget the reason you are here—the patients. Don't be afraid to ask for help and always be excellent to each other.

-Jacquie

We're in a very unique field with people's lives on the line so never be satisfied. Never miss an opportunity to learn. There is no such thing as a straightforward case. Put thought into every part of patient, every differential, and every test. And always ask yourself "what more can I do?" I look forward to working with all of you in the ICU and good luck with the rest of your training.

- Khaled

Remember to treat your patients and each other with kindness.- Natalie



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New Jersey Medical School



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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!

MARCH

Senior:

Kevin Hou
Faiz Afridi
Neel Patel

Intern:

Ronnie Yang
Toby Terwillinger
Adem Aktas

APRIL

Seniors:

Thayer Nasereddin
Neel Patel
Sarah Ahmad

Interns:

Zahf Shaikh
Analise Douglas

Yasaman Mothglazadeh

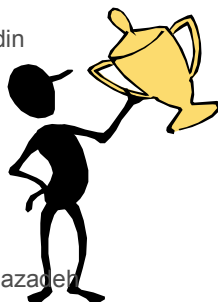
MAY

Seniors:

Richard Hajjar
Royce Shou
Pratik Agrawal
Reza Hashemi-pour

Interns:

Arturo Perez
Alejandro Silva
Alana Persaud



NEJM Image Challenge



A 21-year-old woman with AML is undergoing induction chemo when she presented with this lesion on her left knee. What is the

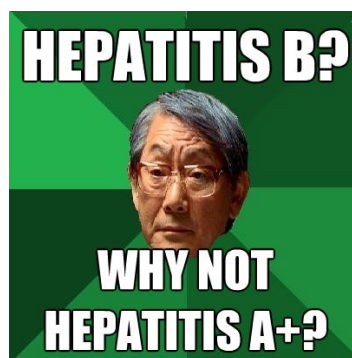
- A. Cryoglobulinemia
- B. Necrotizing fasciitis
- C. Polyarteritis nodosa
- D. Ecthyma gangrenosum
- E. Pyoderma gangrenosum

Answer: E

Announcements:

Graduation Day: June 7th

Intern Meet and Greet: June 22nd



Questions? Need to talk? Call us!



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