

Resident Connections Quarterly

Rutgers NJMS Internal Medicine Residency Program

VOLUME 5, ISSUE IV

Spring 2014

Happy Doctor's Day

by Scott Dinneen



National Doctor's Day occurs every year on March 30th. It was conceived in 1933 by Eudora Brown Almond, the wife of a physician, in Winder, Georgia. The first observance consisted of mailing greeting cards and placing flowers on the graves of deceased doctors. In the years following, it has been celebrated in healthcare organizations nationwide with a variety of perks given to physicians, including luncheons and small gifts. 58 years after its conception, in 1991, President George Bush signed S.J. Res. #366 declaring

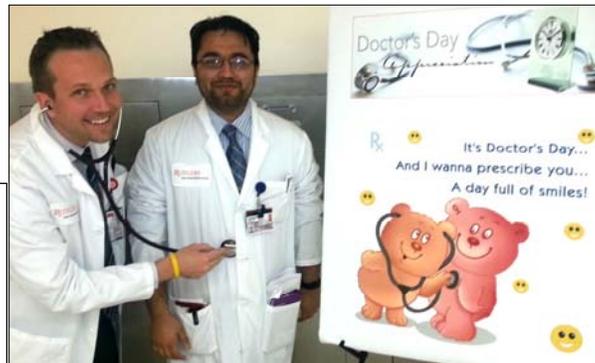
UH with custard and fresh strawberry filling topped with butter cream icing, or the black forest cake at HUMC with cream cheese vanilla frosting, or the artistically delicious cake pictured here from the VA complete with a sugar stethoscope on top. Yes, National Cake Day was a hit this year...

Wait, what day was it? Right right, Doctor's Day.

All joking aside, March 30th was a day for all residents to gather with attendings and students to recognize the hard work and commitment required to be a part of this incredibly honorable profession. The conference rooms at the respective sites were filled with loud chatter, laughter, and occasional sounds of the Heimlich maneuver as everyone enjoyed limitless food and cake provided by the attendings.

As residents, we are sometimes too busy to stop and contemplate the magnitude of this profession, but our diligent work ethic

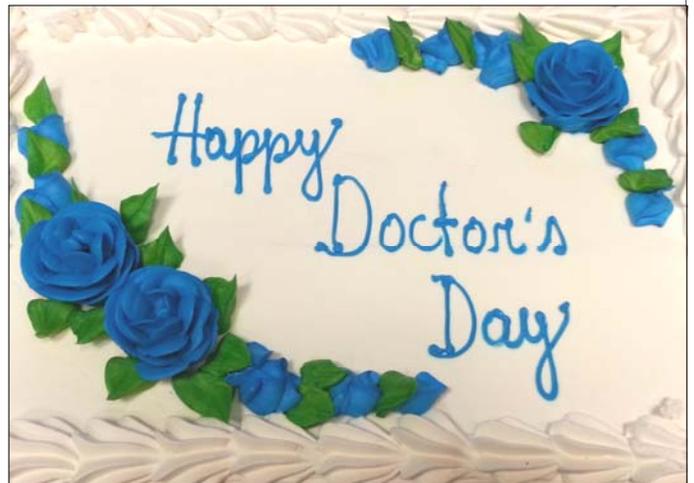
should not preclude us from taking a moment every now and then to recognize that we are helping people's lives and we are making a positive impact on the community. Doctor's Day provides us the opportunity to come together as friends and colleagues to reflect upon this incredibly challenging and rewarding accomplishment we share, and to remember that we all at our core have one very significant thing in common: we love cake.



Inside This Issue

<i>Happy Doctor's Day</i>	1
<i>March Madness</i>	2
<i>Who's Who Among NJMS Faculty</i>	2-3
<i>Who's Who Among NJMS Residents</i>	3
<i>The ACP National Conference</i>	4
<i>In House Connections</i>	4
<i>Career Night</i>	5
<i>Spring Has Sprung</i>	6
<i>The Golden Apple</i>	7
<i>Shuchie's Savory Selection</i>	7
<i>Distinguished Housestaff Awards</i>	8
<i>Sean and Trent's 2 Cents</i>	8
<i>EKG Challenge</i>	8
<i>Resident Word Search</i>	8

March 30th as "National Doctor's Day." This year, at University Hospital, Hackensack University Medical Center, and the East Orange Veterans Hospital, Doctor's Day was an opportunity to take a break with peers and enjoy some of the finer things in life: pizza and cake! Not to distract from the significance of the day, but let's take a minute to recognize the 3 layered chocolate cake at



March Madness

by Shashi Kapadia

Once a year, the barriers between the Three Sites are at their weakest, and a tournament of epic proportions begins. Brother fights against brother and sister against sister, hurling fireballs of medical knowledge until only one team is left. Dozens compete, but only around five remain, medical champions of the Three Sites, and victors of....



New Jersey Medical School March Madness

All Medicine residents were split into somewhat arbitrary teams, and battled for two grueling hours of medical trivia. Obscure eponyms, New England Journal images of the week, and things that Dr Kapila asks us to recognize, were all fair game for the

tournament masters. Many teams succumbed early, defeated by the challenges of the questions, and soon resorted to writing down comical answers in the hopes of getting creativity points.

Only three teams—one from each site—remained standing at the end of the first day. An intrepid group of medical students participated as well, their purity of heart and proximity to Step II resulting in a strong showing, but victory was not to be theirs.

The tournament finals were held at University Hospital, overseen by the game-master, Przemyslaw “Sean” Bednarz. Would any team be able to navigate his treacherous traps of trivia?

Enter the dragons: Sarah Ramer, Sukhjeet Singh, Shanchita Ghosh, Craig Van Dien, and Teddy Markou, now known as Team Hackensack. With the swiftness of a coursing river and all the force of a great typhoon, Team Hackensack wrote down answers one by one. Methodically and precisely, they picked apart their opponents, and when the dust settled and the metaphorical fighting stopped, they were the only five still on their feet. With great honor, pomp, and much circumstance, Team Hackensack was crowned winner of the 2014 New Jersey Medical School March Madness medical trivia tournament. But as long as the flame of medical knowledge still burns in the hearts of residents, March Madness will return again!

Who's Who Among NJMS Faculty - Jennine Michaud, DO

A typical Jersey girl, Dr. Jennine Michaud was born in Ridge-wood and raised in West Milford, NJ. Growing up, she enjoyed all the little things in life with her older brother Chris. After high school, she joined William Paterson University in Wayne, NJ with aspirations to become a teacher like most everyone in her family. However, her plans soon changed after seeing her uncle, an internist, take care of her dying grandmother and aunt. By allowing them to pass away peacefully surrounded by loved ones, he was able to care for them along with the entire family. This moment made her realize that becoming a doctor would be the best way for her to take care of her family.

After graduating, she joined NY College of Osteopathic Medicine, where she shares fond memories of meeting three of her best friends. Though she laughingly declines to have any stories from those days seen in print, she will say that she spent a lot of time in NYC. She and her friends were like the girls from *Sex and the City*. Can you



guess which character Dr. Michaud was mostly similar to? That's right, *Charlotte*.

Her residency in Internal Medicine was right here at UMDNJ-NJMS. With so many memories from that time, one of her most interesting and cherishable was the day that she met her husband Victor, a physical therapist at University Hospital. A PT student working with a 92-year-old Portuguese speaking patient had trouble understanding the patient, and so would never get her out of bed. One day, Dr. Vadehra became fed up and asked Dr. Michaud to go and speak with Victor, who is Salvadorian and can speak and understand some Portuguese. So she did, and the rest is history. From then on, she had her own personal physical therapist with all her patients well taken care of. *An intern's dream come true!* She was engaged by the end of her second year of residency and married during her Chief year. They have two beautiful, spirited children, Alexa who is 3 ½ years old and Emma who is 1 ½ years old.

continued on page 3

continued from page 2

With an interest in Nephrology from her college years, she decided to pursue a fellowship at Westchester Medical Center, where she trained in General Nephrology as well as Transplant Nephrology. She especially loves Transplant Nephrology, where she has the opportunity to see patients' lives transform, as they gain independence and a new chance at life. After fellowship, she joined the Rutgers NJMS faculty, where she immediately felt right back at home—who wouldn't after seeing her former Chiefs (Drs. Demyen, Maher, Mazza, and Cennimo), co-residents (Drs. S. Patel and Dowling) and attendings!

When she's not working, she loves spending every moment with her incredible family. She especially enjoys going down to the shore and eating in the Ironbound area. Some favorites include Adegas and Francesca's. But if there's one thing Dr. Michaud has learned from her amazing journey, it is to be grateful and appreciate how precious life truly is.



Who's Who Among NJMS Residents - Narjust Perez-Florez, MD



Narjust was born in Merida, Venezuela, in a diverse family of doctors who helped shape who she is today. A regular day for little Narjust included running around the hospital and doing homework at

the nursing stations. And if you thought Narjust enjoys research now, you won't be surprised to learn that Narjust's first research project was when she was seven years old and involved dissecting the throats of chickens to find out where their voices came from.

At the young age of nine, Narjust travelled the world with her parents, while they completed their medical fellowships. Colombia and Spain were amongst some of her favorite countries to live in. After returning back to Venezuela, Narjust started high school. With asthma limiting her participation in sports, Narjust took comfort in the labs and libraries, where she became known as the girl who knew all the chemical reactions.

Following high school, Narjust attended a top-ranked university in Venezuela. However, political instability began to affect her school, and she left for an international scholarship in the Dominican Republic with the dreams of becoming a doctor, a profession imbedded in her bloodline.

In medical school, Narjust continued to develop her interest in research and teaching. From serving as a teaching assistant to organizing health fairs, Narjust actively participated in her school

and surrounding community. She spread the lessons of love and discipline that she acquired from her grandmothers, the two most influential women in her life.

During her fourth year of medical school, Narjust moved to Seattle in the United States to complete the remainder of her rotations. During this time, she met and fell in love with Ty Duma, who is now her beloved husband. After medical school, Narjust joined the Fred Hutchinson Cancer Center as a full time researcher in the study of tumor markers. She later moved her work to the University of Washington.

However, she found herself deeply missing the human connection in the doctor-patient relationship and decided to apply for residency. And what better place to join than Rutgers NJMS! The diversity of the program and the strong clinical training made Narjust feel right at home and also allowed her to live closer to her family.

Some other interesting, rather random facts about our intern: she won the "National Oil Olympics" in Venezuela; she danced ballet for 9 years; she modeled for 3 years until she was 19; she hates peanut butter and bacon; and she is afraid of frogs!



The ACP National Conference

by Priya Umaphathi



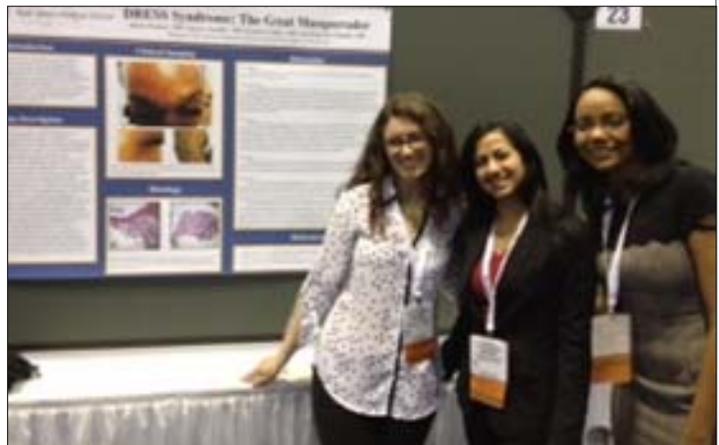
So one must consider what would entice your average 3rd year medicine resident to sacrifice 4 days of vacation? The ACP National Conference in Orlando, Florida, of course!

To be completely honest, my enthusiasm for going was initially fairly underwhelming. Considering that Orlando was in the midst of its ONLY cold spell of the year AND approximately 3.5 degrees cooler than NJ, the prospect of talks for 9 hours per day and a poster contest did not set my soul on fire. That is, until I started reading the schedule...

The event is truly the mothership of all Internal Medicine conferences. Each day was lined up with illustrious and eloquent speakers, discussing everything from updated guidelines for atrial fibrillation, lipids, and sepsis to how to approach life threatening EKG's, cardiac murmurs, hyperuricemia, thrombocytopenia and getting (finally) published. When you thought your neurons couldn't handle any more board relevant information, you had the opportunity to delve into philosophical yet relevant topics such as the ethical challenges of impaired physicians, exploring the role of social media in healthcare and maximizing smartphone technology in your practice. The only dilemma then was choosing between two, equally awesome talks that were simultaneously timed – this is a pretty good problem to have at an academic conference, in my opinion. Happily joining me in these dilemmas

were our very own indubitable Yucai Wang, the lovely Aileen Tlamsa and the vibrant Yulanka Castro, who were all also presenting and representing NJMS in the national poster competition.

Alongside the talks was yet another phenomenal entity known as the Waxman Clinical Skills Simulation Center. Training sessions included a wide variety of relevant clinical skills topics ranging from “How not to blind yourself or your patient (using an ophthalmoscope)” to “How to guide sharp objects near semi-important vessels (central venous catheterization).” Amongst the sessions, the aforementioned vibrant Yulanka Castro also learned how to ultrasound the lumbar spine *of yours truly* who served as the standardized patient during a simulated LP session. Clearly, enough said.



In House Connections

Former Rutgers NJMS Residents as upcoming Fellows in the House!
Look out for these friendly faces when calling those 2 am consults in July...



Matthew Michaels
Pulmonary/Crit. Care



Lauren Blackwell
Pulmonary/Crit. Care



Sean Bednarz
Infectious Diseases



Osama T. Niazi
Cardiology



Roopa Roy
Endocrinology



Hadi Bhurgri
Gastroenterology



Mandeep Samra
Nephrology



Stephanie Kim
Geriatrics

Career Night



by Dina Khateeb

The Rutgers NJMS Internal Medicine Program marked the commencement of fellowship season on Tuesday, April 15, 2014 at its annual “Career Night”. The event, held during the third quarter of the academic year, is an excellent opportunity for residents to get face time with fellowship directors for their anticipated specialties, as well as to help prepare them for upcoming fellowship applications or job searches. Attendings and Fellowship Directors represented every medical subspecialty one could possibly imagine. From Cardiology and Hematology/Oncology to Geriatrics and Primary Care, the panel of attendings was quite impressive and highlighted the commitment of NJMS faculty to its residents.

The evening began with a scrumptious spread of delicatessens and an opening by Dr. Kothari who reviewed the informational packets given to resident attendees. The informational packet, a sort of fellowship and job application survival guide, was rather comprehensive and included Fellowship Director contact information, 2014 NRMP Fellowship Match data, an application cycle timeline with important deadlines, sample questions from the interviewer and interviewee, and sample CVs. For residents interested in Hospitalist or Primary Care jobs, the packets also included a list of resources to aid in career counseling, tips for Career Fairs, and sample questions to consider asking a future employer. After discussion of the packet, the floors were opened to a casual Question and Answer session with the esteemed panelists.

The residents enthusiastically participated, asking questions ranging from what were the qualities of an ideal candidate to how they could strengthen their personal statements and CVs. The panelists provided invaluable advice in recommending that fellowship candidates demonstrate a clear and strong interest in their chosen specialty by pursuing research and presenting at subspecialty conferences, which are also great for networking. Residents were, however, reminded that fellowship candidates need to first and foremost become exceptional internists. Because if not, they are unlikely to succeed within their chosen subspecialty. Residents were also advised to pursue strong letter writers for their letters of recommendation, and to do so in a timely manner.



These are just a few of the countless pearls of advice that were

discussed. Later, residents had the opportunity to speak directly with individual Fellowship Directors in small group sessions, where residents and faculty settled at specific subspecialty tables.

Overall, it was a fun night in fellowship (no pun intended)! Residents from various PGY levels were also able to reconnect to discuss projects that they may have been currently working on or plan to initiate. The comfortable social setting in which residents and Fellowship Directors communicated was key, and residents found the event both insightful and informative. What is wonderful about Career Night is that even if you are not applying for fellowship, it still provides you with a platform to discuss your career goals with experienced physicians over dinner. So if you were not able to attend this year, definitely mark your calendar and make it a point to attend next year!



Spring Has Sprung!

by Margaret Duffy

Besides ditching cumbersome winter coats (snow in April??) or catching up on HBO's Game of Thrones (OMG season 4 episode 2 The Purple Wedding!!), springtime in North Jersey promises plenty of outdoor and indoor events sure enough to tempt even the most overworked of us. Whether it's staying close to home in Newark for the annual cherry blossom festival or planning a weekend getaway to Bucks County, PA, here are 5 inspired outings all within two hours of work.

1) Branchbrook Park Cherry Blossom Festival, Newark, NJ



If you have never done this, do yourself a favor and head over to Branchbrook Park in late April/early May for a breathtaking display of cherry blossoms. More than 2,000 trees (greater in number and variety than Wash-

ington DC's famed display) grace the grounds of the first county park in US history approved for public use. Open from dawn til 10 PM, Branchbrook Park welcomes locals and tourists alike.

<http://www.branchbrookpark.org/Home.aspx>

2) Presby Memorial Iris Gardens, Montclair, NJ

Another closeby activity is the annual iris and bloom display, this year from May 9-June 6, 2014. Listed as one of the State and National Registers of Historic Sites the home pays homage to Frank H. Presby of Montclair, NJ, a leading horticulturist and aficionado of iris species. Today over 14,000 irises of approximately 3,000 varieties grace the grounds of this living museum.

<http://presbyirisgardens.org/wordpress/>

3) William D. McDowell Observatory, Meadowlands Environment Center

Since its erection in 2007 the Meadowlands Environment Center and observatory has been educating "K through Gray" on the finer points of galaxies, cosmology, and life in the universe. Take advantage of viewing the heavens using the Observatory's 20 inch, research grade telescope with free sessions on star and constellation mapping. Open to the public free of charge every Monday and Wednesday evening (weather permitting) starting at 8 PM. Word of advice for the newly initiated - bring insect repellent for hot summer months!

<http://mec.rst2.edu/environment/>

4) Princeton, NJ



Not just a college town well known for the infamous Ivy League college, Princeton, NJ and its surrounding areas offer everything from shopping in Palmer Square, to catching free concerts at University Chapel, to dining along Nassau Street. There is no such thing as a bad meal in Princeton- be sure to grab a quick cup of Dutch hot cocoa from Halo bakery and ice cream shoppe before leaving!

<http://www.visitprinceton.org>

5) Washington Crossing Park/New Hope & Peddlers Village

Best to set aside for a daytrip or weekend getaway, Bucks County, PA, often described as reminiscent of New England, offers a unique combination of country escape with a bohemian vibe. Start off with hiking the various trails of the famed historic park where Washington and his Troops crossed the Delaware before invading Trenton on Christmas Eve, 1776. Admission is \$6 and the outdoor park is open year-round from 8AM-dusk.

<http://www.ushistory.org/washingtoncrossing/>

Next stop is Peddler's Village, a charming historic village with colonial style shops and cobblestone walkways. Whether visiting for an afternoon and dining at the famed Cock n' Bull restaurant or staying overnight at the Golden Plough Inn a trip to the village is a must-see.



Where can one smoke hookah by the Delaware River bank, grab a smoothie on the street with an enclave of motorcycle enthusiasts, visit a Medieval armory, or pick up some magical candles and incense from a Wiccan

shop? The river town of New Hope, of course. Don't forget to get your palm read at Psychic Readings by Edith or grab dinner at Wildflowers garden restaurant before leaving!

<http://www.visitbuckscounty.com>

The Golden Apple

by Vidhi Kapoor

While an apple a day may keep the doctor away, this Golden Apple keeps our doctors far from away. Every year, the glamorous events draws together students and their nominated mentors to party under the same roof—whoever said teaching couldn't be fun?



This year the prestigious 52nd annual NJMS Golden Apple Awards ceremony took place on the evening of March 29, 2014 at the Hanover Manor.

Each Rutgers NJMS medical student class chooses residents and faculty members from diverse specialties in appreciation of their commitment to teaching and fostering academic culture. From the nominations to the gala, the entire event is organized by

the NJMS student body and has always held a special place in the hearts of the Rutgers NJMS family.

Our own Department of Medicine has traditionally been well represented at the event, marking our strong dedication to student teaching. This year, we had over seventy-five nominations and several award winners. While some were first time award recipients, others were returning for yet another award. Drs. Oriscello, Fayngersh, Cennimo, Berman, Capitle, Pliner, and Hashim shined under the spotlight as they were honored for their dedication and hard work. Whether through legendary EKG rounds, bedside teaching, or in-class lessons, these leaders in Medicine exemplify what it takes to be strong role models for our students.



As the award ceremony drew to a close and the lights dimmed, the night unfolded into yet another dance-off; though, no torn trousers this time. Senior resident Teddy Markou and Chief Resident Matthew Michaels were among those who jazzed the floor with their dance moves. While many lingered on the dance floor, others chatted out the night over the infamous dessert bar lined with rich, creamy chocolate fondue, gourmet cannolis, and tiramisu. So until next year, a big congrats to all our residents and faculty who personify the word *doctor* in its original Latin roots where it means *teacher*.

Shuchie's Savory Selection: Jalapeno-Cilantro Lime Coolers

by Shuchie Jaggi

Given the name of this blog its not too hard to judge that I absolutely love spice. This drink is a feisty party for my taste buds. Its a taste of heat, tartness, and sweetness all in one sip. This drink represents a union of two cultures that like using spices in their cuisine. The heat of the jalapeno and cilantro is very representative of Latin American cuisine. The lime and cilantro with sweetness is similar to an Indian spicy drink used in pani puri. It can be paired well with either of the cuisines during an authentic brunch!

Ingredients:

3 Whole Lemons
5 cups of water
1/2 of a Fresh Jalapeno
10-15 sprigs of Cilantro
3 tablespoons of granulated sugar
1 & 1/2 teaspoons of salt

Directions:

Prepare your blender and squeeze the juice of 3 lemons. Add in the jalapeno, cilantro, sugar, salt and water. Blend the ingredients together. Taste the drink and if it is too spicy, add 1/2 cup of water and re-blend. The sweetness and saltiness can be adjusted based on your taste. Strain the drink through a sieve and serve with plenty of ice. Enjoy the kick!!

You can find this recipe along with other great recipes on my food blog at whynotspicy.blogspot.com.



RCQ brought to you by:

Chief Residents — Sean Bednarz, Ralph Bernardo, Lauren Blackwell, Cordero Floyd, Ruchi Kumari, Matthew Michaels, Trent Wang

Program Director — Neil Kothari

Suggestions?
Please send them to ruchiefs@gmail.com

RUTGERS

New Jersey Medical School



Patient Care, Teaching, Humanism, Professionalism

We're on the Web!
www.njms.rutgers.edu/departments/medicine



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

Distinguished Housestaff Awards



January:
Michael Agnelli
Sandra Aleksic
Sunil Kanwal
George Nahas

February:
Shanchita Ghosh
Christopher Estiverne
Chinonye Chika Ogbonnaya-Odor
Rahim Wooley
Lucy Cheng
Priya Umapathi

March:
Yulanka Castro Dominguez
Larysa Gromko
Narjust Perez-Florez
Shuchie Jaggi
Sunniya Khan
Margaret Mysliwec
Mitesh Shah



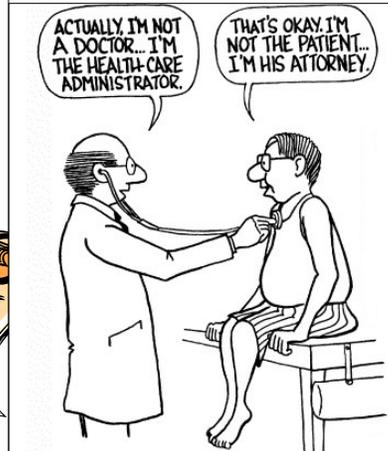
Sean and Trent's 2 Cents!

Q: Why did the pillow go to the doctor?

A: He was feeling all stuffed up!

Q: Why did the cat go to the ER?

A: To get a cat scan

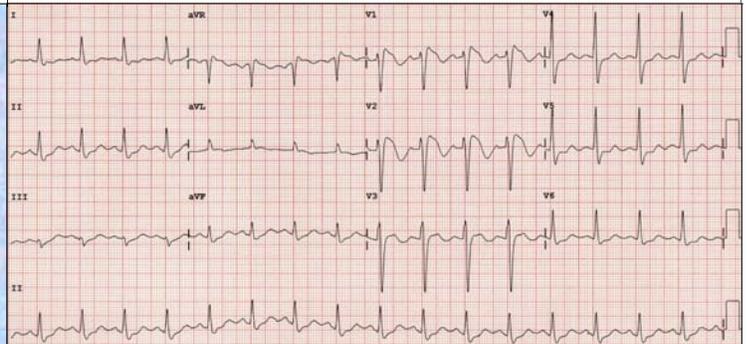


Resident Word Search

Where are your colleagues hiding? Find 15 last names.

B	Y	S	A	H	A	N	J	F	T	U	M	B	U
O	L	A	S	M	A	L	T	N	C	S	W	R	K
D	E	L	A	V	A	U	X	L	M	K	A	S	H
B	Y	W	L	R	N	X	J	D	Q	F	N	K	A
K	I	L	E	C	I	D	H	D	H	B	G	M	I
C	D	B	Y	E	L	O	O	W	X	R	F	U	M
D	T	P	Y	O	D	Z	V	F	Q	A	P	G	C
Y	I	K	S	V	O	T	N	I	L	B	N	Y	H
M	I	L	P	R	X	Y	Z	R	M	A	L	W	A
B	N	L	Z	I	E	I	H	X	K	E	Y	F	Y
R	A	O	L	E	T	A	P	N	C	C	I	B	E
I	R	A	X	P	I	U	X	R	Y	A	U	V	V
A	I	C	Q	W	Y	U	O	G	O	A	D	V	J
G	H	O	S	H	L	D	K	S	A	U	L	P	J

EKG Challenge



Answer: Brugada (Type I)

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