

Resident Connections Quarterly

Rutgers NJMS Internal Medicine Residency Program

Volume 6, Issue 2

Fall 2014

Procedure Night

By Dina Khateeb

The Rutgers NJMS Internal Medicine program hosted its annual Procedure Night on September 24, 2014. In years prior the event was conducted at University Hospital. This year, however, it was held in the state-of-the-art Simulation Center at the East Orange Veterans Affairs (EOVA) Hospital. The event provides an opportunity for our interns to become familiar with some of the procedures that an Internal Medicine physician is expected to be comfortable performing. There were six stations set up including arterial puncture, arthrocentesis, central line insertion, lumbar puncture, orotracheal intubation, and paracentesis. Dr. Dowling, Director of the EOVA Simulation Center, joined us this year and proved to be a great resource! Additionally, Dr. Sutherland, Director of the University Hospital MICU, attended the event and provided instruction for proper central line insertion into the internal jugular vein.

While the evening is meant to be educational we also made sure to take some time for fun, food, and socialization! Procedure night is a great time for interns to catch up with each other and for senior residents to become better acquainted with their junior colleagues. Overall, the evening was a success and we hope that everyone who attended was able to meet the procedural objectives. The program encourages anyone who would like some additional practice with procedures to schedule some time in the EOVA Simulation Center!



Dr. Sutherland demonstrates the technique for placement of a central venous catheter.

"The good physician treats the disease; the great physician treats the patient who has the disease."

- William Osler

In This Issue:

- Procedure Night.....1
- Research Mentorship.....2
- Board Review.....2
- Into the Wild.....3
- Who's Who.....4,5
- Transition to Senior Resident.....5
- Shuchie's Recipe.....6
- Social Hx.....7

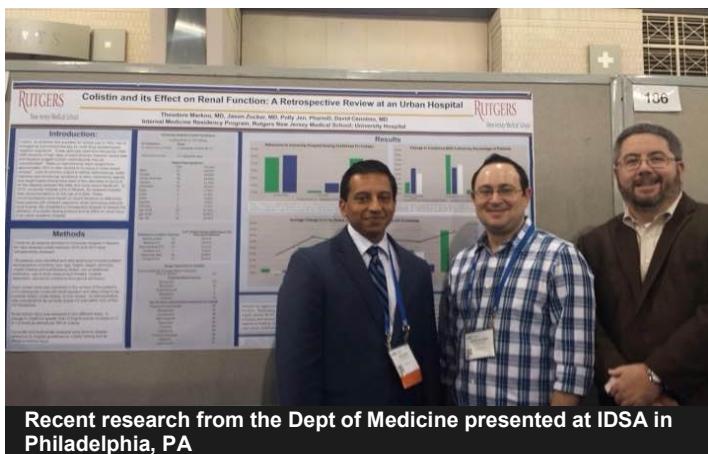
Resident Research Mentorship Program

By Scott Dinneen

Research. The word hangs over many residents' heads like a dark cloud, obscuring their view of a bright, sunny future in the subspecialty fellowship of their dreams. For some residents, research is a natural passion, for others, it's a necessary evil in their quest to build a strong curriculum vitae. Regardless of the motivation one has to get involved in research, joining a preexisting project, or designing a new one, can often seem like a daunting task. For new interns, not knowing where to turn to get involved in research can sometimes be the biggest obstacle. Although all interns are assigned a faculty research mentor at their entry into the program, Dr. Narjust Perez Duma, one of our second year residents, recognized the need for more guidance, mentorship and research collaboration at the peer level. Working with assistance from the UH Associate Program Director, Dr. Mirela Feurdean, and the chief medical residents, she set out to develop a solution.

This past July, Narjust began collecting a list of senior residents willing to participate in what is now referred to as the *Resident Research Mentorship Program*. Several senior residents, with interests spanning all medicine subspecialties, were eager to join up. Recognizing the challenges they themselves faced when getting involved in research, the senior residents provided Narjust with their contact information, as well as a list of their past and present research projects. This master list of resident research mentors and their respective projects has since been emailed to the entire intern class, and already the benefits of Narjust's hard work are starting to become evident. Vivek Joseph and Carlos Osorio have begun heart failure research with Yulanka Castro, and they have already submitted an abstract to the American College of Cardiology annual meeting. Matthew Listo, Moaz Choudhary and Shijia Zhang have started research with Mohleen Kang examining prognostic factors and treatment disparities among patients with stage IV lung cancer, and are planning to submit an abstract of their work to next year's American Thoracic Society annual meeting. Several of the interns are actively writing case reports with guidance from Narjust, and will be submitting their abstracts to the American College of Physicians regional meeting next spring. In the GI department, Dan Bodek, Kalpesh Patel and Natalie Cedeno have begun work on some exciting projects with future University Hospital Chief, Nneoma Okoronkwo. This is just a small sample of the research that has been implemented as a direct result of the mentoring program.

While starting the Resident Research Mentorship Program was a feat in itself, maintaining the momentum of the program and keeping it organized requires diligent work. Narjust continues to send out biweekly emails that include helpful tips for manuscript authorship as well as updated lists of abstract submission deadlines for all regional, national, and international meetings. In addition, her emails include instructions for completion of CITI training (a necessary prerequisite to conduct research) and for writing a protocol for submission to IRB. When the fruits of their labor have paid off, and the residents have a research manuscript ready to submit for publication, they have also received a list of internal medicine journals best suited for their work. This is an exciting time for research at Rutgers NJMS; never has our residency program been so productive!



Recent research from the Dept of Medicine presented at IDSA in Philadelphia, PA

Hackensack-UMC IM Board Review

By Rishi Mehta



Anthony Kim taking it all in

The 6th Annual HackensackUMC Internal Medicine Board Review Course kicked off on September 8th. This course, run by Dr Thomas Salazar is offered through HackensackUMC as a service to the attendings and residents. It is helpful for both the initial American Board of Internal Medicine certification exam as well as those who have to sit for the dreaded recertification exam.

The course which started off as a small offering to the staff at HackensackUMC has grown exponentially and is now simulcast to multiple locations – including University Hospital, Mountainside Medical Center, and St. George's University. There are thoughts of offering the course to other regional and national locations as well starting in 2016. As always, the course remains free of charge for our residents.

Close to thirty specialists, from each of the major fields assessed on the ABIM, ranging from Allergy to Urology, presented concise and high-yield reviews of topics frequently tested in Certification exams. The course spanned five weeks and was broken down into sixteen three-hour sessions.

The American Board of Internal Medicine reports an initial certification pass rate of about 85%. Ask any of the chief residents/first year fellows and they will tell you it is a difficult exam. As such, Board review courses are a valuable preparatory tool. We can honestly say that the course is truly helpful and is one of the academic gems found at Rutgers NJMS.



Camping with the Kerns

Into the Wild

By Margaret Duffy Photo Credits: John Kern

For those of you who don't know John Kern and his wife, Cori (Corinne), are extremely active nature enthusiasts. In crowded Northeast New Jersey that may not mean much (may even sound like a foreign concept) but believe it or not within sixty minutes west there's rivers and trails and bears (oh my!). So when one of my best buddies in residency asked me to come along with he and his wife on a weekend kayaking adventure down the Delaware Water Gap how could I refuse?

Little did I know what I was getting into. I've always wanted to go camping so after hearing about the planned trip for Labor Day Weekend (which I had off) I headed straight for Campmore for getting some legit camping supplies and asked one of my best childhood friends to come along. With the coolest SPF 50 sun proof hat and a cheaper version of a Camel Back I was ready to hit up the two day trip while John and Cori started the day prior. Cori found a great company that offered kayaking and camping trips down the Delaware Water Gap. While she and John chose the three-day 34-mile trek my friend and I opted for the two-day 20-mile trip and planned to meet up with them the second day.

"Little did I know what I was getting into."

The Delaware Water Gap river area is a really beautiful kayaking/ canoeing experience. Fortunately for us all Cori is a well-seasoned camper so she and John brought along very advanced gadgets including a water purifying system (just add river water and some reagents), incredible folding chairs that could fit into a backpack, and a ridiculous compressed gas light cooker called "pocket rocket." My friend and I brought along a pack of hot dogs and 10 Cliff bars in our back packs... after getting dropped off at the river our driver asked if we were going to be ok so you can imagine how experienced we appeared.

The Gap has a continuous current that is excellent for novice water adventurers as well as some class I rapids (prepare to get splashed!). John and Cori saw a few black bears prior to us meeting up with them. Unknown to many people the Delaware is a popular roosting spot for bald eagles that we saw plenty of. John and my friend expertly chopped wood during the daytime and we relaxed at our campsite on the second night. Nighttime was especially exciting as John Kern created a roaring fire (very Prometheus like) and we roasted hot dogs and shared stories around the campfire.

The sports rental agency we used was AdventuresSport (adventuresport.com) located in Marshall's Creek, PA on Rt. 80 right over the Delaware. Rentals are very reasonable (\$45 per person per day) and memories last a lifetime. To sum up this trip I have two phrases... "Merica" and "scratch scratch."

"To sum up this trip I have two phrases... 'Merica' and 'scratch scratch'."



Serenity Now...You'll get it if you watch Seinfeld



Dr. Kristin Wong

Who's Who: Dr. Kristin Wong

By Rishi Mehta

"We're not in Kansas anymore" was likely Dr. Wong's first thought as she walked into University Hospital in 2008 as a Med-Peds intern. Dr. Wong had grown up in Kansas and went to school in Kansas, so making the move to NJ was a drastic change. She was really impressed by the Med-Peds program at UMDNJ (now Rutgers) though, and she was ready to take on the challenge of working in an urban environment. She admits there was a bit of culture shock at first but she loved being surrounded by so many diverse people.



Dr. Wong excelled in her residency training and was chosen to be a chief medical resident at University Hospital (2012-2013). She really enjoyed her chief year and realized she had a true passion for medical education, leading her to her new role as Associate Program Director for the Med-Peds residency program. She is excited about this new position as she feels that the program has continued room for growth. She stated, "Dr. Kothari has done such a great job with the program so far, and Dr. Cennimo has so much to offer as the new Program Director. I am just excited to be working with everyone."

When not rounding with medicine teams or trying to get through the mountains of paperwork she now has as an administrator, Dr Wong likes to explore New Jersey. "New Jersey has the perfect balance of country and city," she said when asked about her life in the Garden State. She likes to spend most of her time in Hoboken, Jersey City, and New York City, with her "hospitalist crew." She also enjoys traveling. Her favorite trip thus far has been to South Africa during the 2010 World Cup. Her dream trip is to the Galapagos Islands, a trip she hopes to take very soon. Next time you see Dr. Wong in the hallways (or out in the city) don't be afraid to stop her and say hello. Just don't make a "we're not in Kansas anymore" joke, I'm sure she is pretty sick of it.



Who's Who: Tanzib Hossain

The Rutgers New Jersey Medical School's Internal Medicine Residency Class of 2016 gained a new resident this year. For those that have yet to meet him, Tanzib Hossain's journey into the units of University Hospital, elevators of the East Orange VA, and halls of Hackensack University Medical Center has played out like a storybook. Born in Dhaka, Bangladesh, Tanzib immigrated to Downtown Los Angeles with his parents, Mohammed Hossain and Rimi Hossain, at the age of 3. With limited understanding of English and the American culture, his parents worked at liquor stores, fast food restaurants, and drug stores to give Tanzib and his younger sister, Tamara Hossain, the opportunities they did not have themselves.



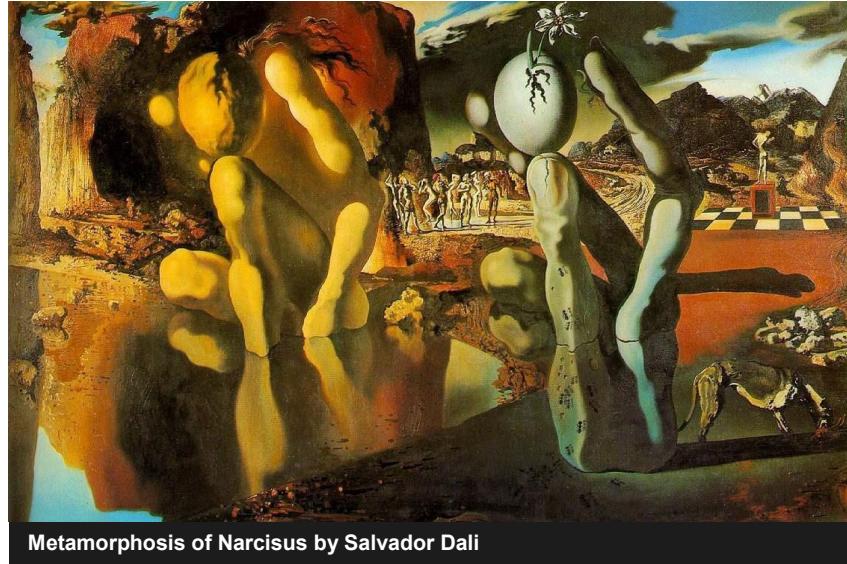
Growing up in a household with limited knowledge of the healthcare system, limited financial resources, yet high need for medical care forced Tanzib into the realm of medicine at a young age. Caring as a child for a father that suffered a paralyzing stroke and debilitating back injury cemented in Tanzib very early in life that he wanted to pursue medicine. This desire led him from Francisco Bravo Medical Magnet Senior High School in East Los Angeles to the University of California at Los Angeles (UCLA) in Westwood and ultimately to San Francisco where Tanzib attend medical school at the University of California at San Francisco (UCSF).

Being born in Bangladesh, Tanzib has always had the desire to contribute to delivering and improving healthcare in developing countries, especially Bangladesh. Through UCSF's Masters in Global Health program, Tanzib got that very opportunity. Between his third and fourth years of medical school at UCSF, Tanzib took a year to complete his Master's in Global Health. As part of the curriculum Tanzib travelled to Bangladesh for his fieldwork and worked alongside local physicians and community health workers to study healthcare delivery with a focus on reducing neonatal mortality. The Master's program helped Tanzib establish a foundation for future global health work, as was expected, but the most important result of his time in the program was totally unexpected, and the reason he is now at Rutgers with us all.

Who's Who: Tanzib Hossain (Continued)

As fate would have it, during his Master's year, Tanzib fell in love with Marya Ghazipura, his former cubicle-mate and classmate. Marya went on to NYU to complete her PhD while Tanzib remained in California to complete medical school and subsequently start his Internal Medicine training as an intern at Harbor-UCLA Medical Center. But Marya and Tanzib's love grew over the last few years and drew Tanzib to the east coast to be with his once cubicle-mate and now wife. On June 22, 2014, Tanzib Hossain and Marya Ghazipura got married in Mississauga, Ontario, Canada. Two days later the newlyweds drove down to Jersey City to start the next phase of their lives.

For Tanzib, this next phase includes Rutgers New Jersey Medical School. Tanzib was drawn to Rutgers because of the diversity of training experiences offered across the three different hospitals, the chance to care for underserved populations, and the supportive atmosphere he sensed from the program leadership when he was searching for programs to transfer to after his intern year. After 3 months here, Tanzib has been thoroughly impressed by the high caliber residents he now has the pleasure to call his colleagues. Tanzib is interested in getting to know everyone here at Rutgers New Jersey Medical School so don't hesitate to say "Hello!" when you see an unfamiliar South Asian resident claiming to be a PGY2!



Metamorphosis of Narcissus by Salvador Dali

Metamorphosis: Transitioning to Life as a Senior

By Narjust Perez Duma

While in my last rotation as an intern (VA night float) I suddenly realized that the next day was July 1st—the day I was finally going to stop referring to myself as an intern and finally call myself a senior resident. I was overcome by joy at the fact that I would no longer have to write as many discharge summaries but then a sense of fear began to set in. What if I am not ready? What if I do not have anything to teach to my interns and medical students? These were just a few thoughts that began whirling around in my head. In order to help calm my fears, I looked back at my previous senior residents and decided to make a list of what I felt were their best qualities. I felt I would take the best from each resident I worked with and of course, add my own personal touch to shape the kind of senior I would be.

As I began my first day as a floor senior I admittedly felt a little nervous. I thought back to the list I had previously made and remembered the qualities I wanted to emulate. Everything began to feel natural, and I eased my mind knowing no one is going to be 100% ready for their new role, but the great training and teachers I have had thus far have given me the tools I will need to succeed. I (mostly) confidently and successfully led my first team.

I have compiled a list of suggestions, some from my own experiences, and some from others to help others make the metamorphosis from an intern to a senior:

1. Don't repeat work, it makes your intern feel useless, delegate!
2. Give positive feedback but be specific, don't say "strong work" without describing details "great job placing that line" for example
3. Make sure your interns eat and have time for themselves
4. When assisting, don't ask, "How can I help?" Just find what needs to be done, and do it. Interns always feel guilty and as if they're supposed to say, "No, I don't need help," when, in fact, they do.
5. Set up rules at the beginning of each rotation. Introduce change kindly.
6. Teach your interns the little tricks and shortcuts that helped you during your intern year; they shouldn't have to reinvent the wheel.
7. Foster a sense of team spirit. Remember that cohesive teams are much more likely to operate efficiently.
8. Don't forget that everybody makes mistakes including you! Learn from them and move on!



Yum.....

Shuchie's Vegetarian Treats: Skinny Samosas

by Dr Shuchie Jaggi (whynotspicy.blogspot.com)

The Samosa: an Indian staple during parties and a common fast food item this is quite a heavy and high calorie snack. This recipe is one-fourth the calorie of a typical full sized samosa. I make a lot of them and stir fry them as needed. My husband absolutely loves them because they are extra crispy while still providing the spice of a typical samosa .

Instead of using the high carb fried dough on a samosa, I use Nasoya egg roll wraps. They light, delicious and crispy and remind me of the same Indian taste without the extra calories. I hope you try this easy and yummy recipe at home!

Ingredients:

- 1/2 lb. russet potatoes, peeled and roughly chopped
- 2 carrots roughly chopped
- 1 teaspoon cumin seeds
- 1/2 teaspoon ginger paste
- 3/4 cup frozen peas, defrosted
- 1/4 cup minced cilantro
- 1/2 teaspoon garam masala
- 2 small green serrano chillis
- 5 teaspoons of Olive Oil
- 1 small yellow onion, minced
- Salt for taste
- 1 teaspoon of cayenne pepper

Directions:

Make the filling: Boil potatoes and carrots in 4 quarts of water until tender for 10 minutes.



Samosa Filling

Drain the potatoes and and coarsely mash. Heat 2 teaspoons of Olive oil on medium heat. Cook cumin seeds until popping is noticed after approximately 2 minutes. Add onion and ginger until the onion is golden. Stir in the potato mixture with peas, cilantro, garam masala, cayenne pepper and chillies.



Form Samosas: Take one Nasoya wrapper and lay on a large cooking sheet and spray with cooking spray. Pick up one corner of the wrap and merge with the opposite end creating a triangle. Add 3/4 tablespoon of filling in the center. Then close the samosa with one corner to the other creating an obtuse triangle. You can use a fork and make indentations as well.

On a frying pan, add 3 teaspoons of olive oil and heat. Add in the pre-made samosas and cook until golden brown on both sides. Remove and place on a paper towel to drain out excess oil. Serve with mint cilantro sauce.



Social History



Through all the night floats, code blues, and MKSAP presentations, it's important to remember life still happens. From beers, to babies, to weddings, it has been a busy few months for our residents. We wish the new parents, newlyweds, and everyone's livers the best of luck!

RCQ brought to you by:

Chief Residents: H. Scott Dinneen, Abdullah M. Khan, Dina Khateeb, Rishi Mehta, Sean Sullivan, Priya Umapathi, Jason Zucker

Program Director: Dr Neil Kothari

Comments: Email ruchiefs@gmail.com

RUTGERS

New Jersey Medical School



Patient Care, Teaching, Humanism, Professionalism

We're on the Web!

http://njms.rutgers.edu/departments/medicine/internal_medicine/



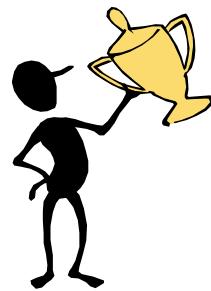
...and don't forget to join the NJMS Internal Medicine Residency Group on Facebook!

Housestaff Awards**JULY**

Rishabh Gulati
Vivek Joseph
Claudia Miranda
Monali Patel
Vidhi Kapoor
Malgorzata
Mysliwiec
Yucai Wang

AUGUST

Jacqueline
Burnell
Patrick Mitchell
Genevieve
Streb
Mike Agnelli
Jill Deutsch
Shashank Jain



Small Bowel Volvulus.

Events/Announcements

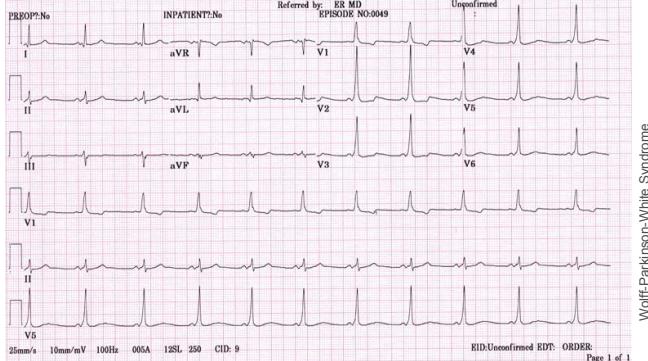
Mark your calendars for the exciting upcoming events:

October 30th: Movie Night/Halloween Party

December 6th: HUMC Holiday Party

October 27th-28th: OSCE for Interns

- A simulated clinical encounter used to objectively assess clinical skills and decision making

**EKG Challenge**

Congratulations to our very own Priya Umapathi for becoming the Chief Resident Blogger for NEJM Journal Watch

<http://blogs.jwatch.org/general-medicine/>



UH

973-972-5584 or 6054

HUMC

551-996-2591 or 2592

VA

973-676-1000

x1873, 1874, or 2803

Questions? Need to talk? Call