

Resident Connections Quarterly

Rutgers NJMS Internal Medicine Residency Program

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Introducing the Urban Health Track! By Mirela Feurdean

Newark is New Jersey's largest and second-most racially diverse city with twice the rates of poverty and disability compared to the state average. In serving the community of Newark, we have recognized the need to offer additional training focused on the public health needs of urban and disadvantaged populations and are excited to announce the launch of The Urban Population Health Track within the categorical Internal Medicine Program this academic year!

The goals of the Urban Population Health Track are to expose residents to health risks and pathology specific to urban populations and minority groups, to introduce residents to new models for health care delivery to the poor and underserved, and to foster scholarship in epidemiological research in public health and preventive medicine. The curriculum consists of a 3 year longitudinal didactic and research program, as well as a one month selective rotation in Urban Health per academic year. The month long rotation is built into the categorical Internal Medicine Program schedule and offers experiential immersion in urban population health, with a focus on addiction and mental health during the PGY-I year, urban minorities and prevalent infections (HIV, hepatitis C, etc.) during the PGY-II year, and urban geriatric and adolescent medicine during the PGY-III year.

Residents who have chosen to pursue the Urban Health Track during residency will receive a well-rounded education on specific topics pertaining to urban health (e.g. socio-economic determinants of health and disparities in health care delivery for urban minorities in low-income inner city neighborhoods) through selected required readings and media clips, inter-professional workshops in urban health at Rutgers University, and seminars and lectures in preventive medicine, public health, addiction medicine and urban mental health.

This year, Drs. Larrisha Love (pictured to the left) and Ashela Bean (pictured to the right) were the first residents to join the Urban Health track at NJMS! Dr. Love has recently told us "the Urban Health Track has opened my eyes to all the obstacles that preclude patients from

being compliant with therapy. I that having a better understanding of those issues and a framework to address those issues will help me deliver more effective patient care." Dr. Bean has said, "The Urban Health Track allows me to immerse myself in the world of my patients while gaining a greater understanding of the socioeconomic factors surrounding health care delivery. The track pushes me to think outside the box when it comes to treating patients in an urban care." We look forward to the continued growth of the Urban Health Track so that we may improve the lives of underserved patient populations! In the near future, we also hope to create additional tracks, including Hospital Medicine and Medical Education. We are very enthusiastic about these exciting new opportunities that will enrich our program!



"The future belongs to those who believe in the beauty of their dreams."

- Eleanor Roosevelt

In This Issue:

- The Urban Health Track...1
- Procedure Night2
- Who's Who.....3,4
- Autumn in the Garden State.....5
- Outdoor Adventures.....6
- Culinary Corner.....6
- Social History.....7
- Image Challenge.....8

Procedure Night 2016!

By Your Future Chiefs

“Isn't it a bit unnerving that doctors call what they do 'practice'?” - George Carlin

Procedure Night, an annual tradition at Rutgers NJMS put on by the chief residents, brings together new interns and future chiefs. On September 19th 2016, interns came together to learn new procedural skills and techniques in our state-of-the-art Simulation Center at the East Orange Veterans Affairs Hospital. The night started with a light dinner of delicious Panera cookies, sweet sweet iced tea, and sandwiches. Multiple stations were set up allowing everyone to rotate and become more familiar with different procedures including, endotracheal intubation (the clear star of the night because of the amazing tutelage of Khaled), ultrasound guided central line placement, lumbar puncture, paracentesis and arterial blood gas/arterial line placement. If you missed it, or if you would like more hands on time, fear not! You can always pop into your friendly VA Chiefs office to schedule time in the Simulation Center. We hope this was a great stepping stone to guide you in translating your skills in the lab into great patient care at the bedside.



Who's Who: Dr. Christine Gerula By Larysa Sanchez

Dr. Gerula, a first-generation American of Ukrainian descent, was raised in the East Village of Manhattan before she moved to Clifton, NJ when she was six years old. She attended the New Jersey Institute of Technology from which she graduated with a degree in chemical engineering. Upon graduation, Dr. Gerula contemplated a position with Exxon, but her passion for the biological sciences ultimately steered her to pursue a career in medicine. Dr. Gerula attended medical school at none other than NJMS and chose to stay at NJMS for Internal Medicine residency! It was during her medical school and residency years that she became interested in the pathophysiology of cardiologic disease, which to Dr. Gerula "seemed to be a natural transition from chemical engineering and mathematics." She was enthusiastic to continue her fellowship training in Cardiology at NJMS, as she found it "very rewarding to serve the patient population of Newark and how the environment at NJMS has always been passionate about educating trainees." It was these very values that encouraged Dr. Gerula to build her career here at NJMS. After fellowship training, Dr. Gerula joined the Division of Cardiology. She became the Associate Program Director of the Cardiovascular Fellowship Program and transitioned into the Program Director role a few years ago. As Program Director of the Cardiovascular Fellowship, her mission is to foster an environment of collaboration between faculty, fellows, and housestaff enabling everyone to achieve their greatest potential. Dr. Gerula has been a cherished educator to both residents and medical students and has been the recipient of the Golden Apple Teaching Award many times over the years. With an emphasis on continuous learning, she encourages her fellows to serve as teachers and mentors to the Internal Medicine housestaff and to be involved in EKG and physical exam workshops to help with medical student development.

Dr. Gerula's career advice to residents is that in whatever you choose to do in your medical career, "Choose what challenges and motivates you, do what you love." As she describes it, "Work to me is like recess, which was the best part of the school day, I love taking care of my patients." She encourages residents to, "Always look at the next step, hyperfocus on one thing at a time, and do not spread yourself too thin!"



Aside from her work, her family is what Dr. Gerula treasures most. She met her husband, Dr. Sanjeev Patel (whom many of the residents have rotated with during cardiology elective at Hackensack!), as a 3rd year medical student. Fun fact: Dr. Patel was a 2nd year medicine resident at NJMS at the time with Dr. Quinlan as the team's attending! Drs. Gerula and Patel dated for seven years before getting married during her last year of fellowship. Their wedding was a Hindu Catholic Church wedding ceremony. They have two children, Nicholas – age 13 – who loves wrestling and soccer, and Sophia – age 10 – who loves soccer. They have 4 cats and 1 dog and currently live in Upper Saddle River, NJ. Although Drs. Gerula and Patel have quite the busy work lives both being cardiologists, they have set priorities to maintain a work-life balance. Two of these priorities are to eat dinner together as a family on a regular basis and to always be present in their children's lives, including serving as recreational soccer coaches for both kids. Dr. Gerula is very proud of her children's accomplishments in sports and her favorite thing to do in her spare time is to watch her kids compete in soccer and wrestling.

Lastly, if you ever need to find Dr. Gerula, you can always swing by the Echo Lab on I-Level in the late afternoon, where you will find her reading echo's with her favorite music playing softly in the background!

Who's Who: Dr. Abinet Aklilu

I was born in the highlands of the colorful Addis Ababa, Ethiopia, Africa, the source of the Blue Nile and the land of thirteen months of sunshine, where I spent most of my childhood. There, I grew up seeing my parents happily dedicate their lives to and sacrifice a lot for the care of others with minimal monetary return. I developed my love for medicine at a young age spending time after school at my parent's small clinic where they spent their afterwork hours providing free medical care. It has now been over 10 years since I came to the U.S. with my family. I am always grateful for the opportunity I have had here and the abundance and ease of access to resources. My dad who is my role model and life-guide had instilled in me a love for reading and medicine at a very young age and purposely named me Abinet which translates to "role model" so I, as the oldest of three daughters, could recognize early on my responsibility to lead by example. As I continue to strive to live up to my name and follow in my parent's footsteps, I am constantly reminded to look back to where I came from and appreciate what I have.

After a degree in biochemistry as a premed, I studied medicine at the University of Maryland in the city of Baltimore which has a similar population to Newark in terms of socioeconomic background. What attracted me to Rutgers NJMS in addition to the diversity of the patient population, was the diversity in its faculty and residents, and the strong and well organized education curriculum. This was the only program I visited where I truly felt at home. I feel privileged to practice and learn medicine where smart people from various corners of the world with rich medical backgrounds and experiences come to practice medicine. Furthermore, it has helped me recognize the challenge of language barrier in the practice of medicine which is separate from race and socioeconomic status.

In my free and alone time I like to hike, sit on higher ground, and draw or paint landscapes. The Shenandoah valley in Virginia is my favorite place to visit during this time of year. It reminds me of my grandmother's birth place in the low lands of Ethiopia where you can see the Blue Nile gorge in all its glory. When I am with friends and in the city, I am either at a brunch place or at a traditional restaurant. I like to experience food with friends and family since I grew up in a tight knit community where most things including coffee drinking are done as a ceremony. I like to try new food (the spicier the better!), share my culture and learn about other cultures. Speaking of brunch places, for anyone visiting Baltimore, I recommend Ms. Shirley's which in my opinion serves the best chicken and waffles.



Autumn in the Garden State

By Larysa Sanchez and Jill Deutsch

Fall, in our opinion, is the most beautiful season in New Jersey! From pumpkin and apple picking, haunted hay rides, to camping and hiking, New Jersey has it all! Below are some activities in the area to enjoy on your day off.

Here are some nearby spots where you can enjoy hiking trails and panoramic views of the changing foliage:

South Mountain Reservation, W.South Orange Ave, West Orange, NJ 07078

A 2,110 acre nature reserve with walking and biking trails about 10 minutes from the East Orange VA.

Palisades Interstate Park, 1 Alpine Approach Rd, Alpine, NJ 07620

About 25 minutes from Hackensack University Medical Center on the western shore of the Hudson River in northeastern New Jersey.



Palisades Interstate Park



A view of NYC from the South Mountain Reservation

Here are some suggestions for great pick your own apple and pumpkin farms:

Terhune Orchards, 330 Cold Soil Road, Princeton, NJ 08540

Aside from pick your own apples and pumpkins, Terhune Orchards holds Fall Harvest Festival Weekends through October 30th where you can bring your friends and family to enjoy food, live music, wagon rides, and a Corn Stalk Maze. Don't forget to try the apple cider doughnuts!

Secor Farms, 85 Airmont Ave., Mahwah, NJ 07430

Pumpkin picking and hay rides galor! Also, for our residents with young kinds, they have a great petting zoo!

Alstede Farms, 1 Alstede Farm Lane, Chester, NJ 07930

Especially great farm store with delicious fresh produce and blue grass and country bands throughout October on the weekends!



Looking for some spook-tacular fun?

Check out:

Bane Haunted House, 630 W Mount Pleasant Ave., Livingston, NJ 07039

NJ's largest indoor haunted house, are you brave enough?

Haunted Scarehouse, 105 W Dewey Ave., Wharton, NJ 07885

Here, you can also find two 60-minute haunted escape room adventures! Can you escape in time?



For those who want to venture out of the Garden State:

Fall @ New York Botanical Garden, 2900 Southern Blvd., Bronx, NY 10458

Through October 30th enjoy many different events including displays of rare and unusual pumpkins, scarecrows, and a Giant Pumpkin Weekend (Oct. 22-23).

Outdoor Adventures By Miguel Gonzalez

On a recent beautiful summer morning, a group of residents headed for a great adventure in upstate New York, in the little town of New Paltz, NY. The morning kicked off with rural breakfast in the “diner”, one of the only three places to get breakfast in town. The group then headed to conquer the Bonticou Crag, a rock scramble (not safe for weaklings) over the Hudson Valley. The path was a 1.4-mile, moderately difficult climb that takes you 1,215 ft above a sea of trees and rock with breathtaking views. At the top, the group took time to enjoy some Asian snacks and take fancy pictures of our program’s poster girl and boy (Brittany and Rastko). To cap the trip, a 5 mile hike through the forest to get to the gigantic rock table, a 500- foot flat rock formation overseeing the landscape. After wandering out onto the rocks, trying not to fall into any of the deep chasms (yes, like in 127 hours), the group headed back to civilization with a great outdoor experience and hoping that no one came back with erythema migrans-like looking lesions (none found to date).



Culinary Corner

Pumpkin Pie

Ingredients

Graham Cracker Crust:

1 1/2 cups finely ground graham cracker crumbs
6 tablespoons butter, melted and slightly warm
1/4 cup granulated sugar
1/4 teaspoon ground cinnamon

Pumpkin filling:

2 whole eggs
2 egg yolks
1/4 dark brown sugar
1/4 cup granulated sugar
3 tablespoons melted unsalted butter
1 1/2 cups pumpkin puree
1 1/2 cups heavy cream
1 1/4 teaspoons ground cinnamon
1 teaspoon ground ginger
1/2 teaspoon ground nutmeg
1/4 teaspoon ground cloves
1/2 teaspoon fine salt

Directions

For the crust:

Preheat the oven to 350 degrees F. Add all the ingredients for the crust to a food processor and pulse until combined; it should feel like wet sand, and just come together. Spread



the mixture evenly into a 9-inch pie pan, using your finger tips or the flat bottom of a glass. Firmly press the mixture over the bottom and sides of the pan. Put the pan on the middle rack of the oven and bake until the crust is light brown and firm to the touch, about 10 to 15 minutes. Remove from the oven and let cool.

For the filling:

Preheat the oven to 275 degrees F. Whisk together the eggs, yolks and sugars in a large bowl. Add the butter, pumpkin, cream, spices, salt and vanilla seeds and whisk to combine. Strain the mixture into a bowl. Pour the strained mixture into the baked pie crust and bake until almost set, about 1 1/2 hours. Remove and let come to room temperature. Refrigerate until chilled, if preferred. Cook's Note: The filling makes more than what is needed to fill the pie shell and you can freeze the excess to use for your next pie! **Enjoy!**

Social History...



RCQ Brought To You By:

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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!

JULY

Interns:

Richard Hajjar
Juan-Pablo Lopez-Zertuche Ortiz
Luka Petrovic

Seniors:

Edward Rojas
Jason Conway
Patrick Mitchell

Highest Quiz Score in August

Njambi Mathenge
Chidinma Ezeonu
Natalija Odanovic
Jacqueline Burnell

AUGUST

Interns:

Malik Faheem
Rastko Rakocevic
Everest Seci

Highest Quiz Score in September

Malik Faheem
Elena Dolmatova

Seniors:

Sejal Kothadia
Rima Panchal
Ricardo Parrondo

SEPTEMBER

Interns:

Keishondra Sampson
Sarah Abbassi
Piyumika de Silva



NEJM Image Challenge

What is the most likely diagnosis in a man with recurrent facial flushing, foreign-body sensation, and blurry vision?



- A. Rosacea
- B. Blepharitis
- C. Sjogren's syndrome
- D. Anterior uveitis
- E. Conjunctival hemorrhage

Answer: A

Announcements:

Fellowship Night 2016: October 25th

NJ ACP Abstract Submission Deadline: November 14th

Thanksgiving: November 24th

National ACP Abstract Submission Deadline: November 30th

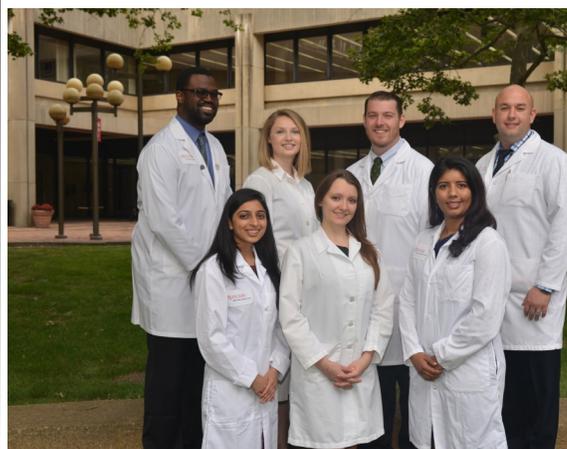
Hackensack Christmas Party: December 3rd

Fellowship Match Day: December 7th



"The defibrillator's not working! Quick, everyone scuff your feet on the carpet!"

Questions? Need to talk? Call!



UH
973-972-5584 or
6054
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551-996-2591 or
2592
VA
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x1873, 1874, or
2803