

Resident Connections Quarterly

Rutgers NJMS Internal Medicine Residency Program

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Intern Meet and Greet

By: Natalie Cedeno

On June 22nd, our annual intern Meet and Greet was held at the beautiful Verona Park Boathouse. New interns gathered to enjoy the sunny weather, delicious food, and fun games. As the evening started, interns and seniors became acquainted - sharing stories over delicious Italian food. We were joined by attendings, Drs. Fayngersh, Michaud, Tapia, Cennimo, Wong, as well as our Program Director, Dr. Feurdean. After fueling up, the games commenced. The great weather allowed for intense volleyball matches, corn-hole, and ladder games. The chief's volleyball team was led to victory by none other than Noah Schwartz (Dr. F's son), displaying the leadership skills of a future clerkship director. The games continued throughout the evening, breaking only to enjoy some red velvet cake and a brief welcome from Dr. Klapholz (Chair of Medicine). This annual tradition served as a great start to the academic year! We are thrilled to welcome the new interns and are excited for the upcoming year!



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“Always laugh when you can, it is cheap medicine.”

Lord Byron

How to Find a Research Project and Mentor



By Hyunseok Kim

My name is Hyunseok Kim (Brandon), a PGY3 resident. To briefly introduce myself, I have published 11 peer-reviewed journals during my residency, including Journal of Clinical Oncology and JAMA Internal Medicine. I strongly believe that there are several key factors to succeed in research during residency.

1. Know your goals and be motivated

Everyone has different career goals (Academic vs private, primary care/hospitalist/specialist). Not all residents need to do research during residency although you still need to meet the minimum requirement by the program. Try to think seriously what you really want to do after residency. With a concrete goal, you can be firmly motivated and truly interested in your career development.

2. Finding the right mentor

Having a good mentor is key for a successful research career. Depending on your career goals, this mentor can be clinical or research oriented. A good mentor is not just a highly-published one. From personal experience, it is very important to ask senior or former residents how supportive a potential mentor has been in their career path (e.g: whether the mentor is approachable, writes a good letter, or may make a phone call on your behalf when applying for a job or fellowship). If you are particularly interested in a research mentor, perform a literature review search for the mentor's name in Pubmed (<https://www.ncbi.nlm.nih.gov/pubmed/>) to see how many peer-reviewed articles he or she has published over last 2-3 years (whether he is the last author or a corresponding author). By doing so, you may estimate how much you could be productive over the next years working with the mentor. Additionally, it is possible to have a mentor at outside institutions. Some scientific organizations have mentorship programs where you can submit a request form to match you with a desirable mentor.

3. National conferences

Attending a national conference is a truly excellent opportunity to build up your network and even find a potential mentor. Our program generously pays full expense for one conference per year in the continental US if you are a first author on an accepted research work in the continental US if you are a first author on an accepted research work. At the conference, you can display your hard work and meet other researchers and potential collaborators. In addition, you can also meet fellowship directors at national meetings. Before attending DDW 2017, I sent my CV and a short biography to a few program directors I was interested in and had some mini interviews (asked about the program, and obtained some advice on application etc). Sending a CV and short biography can result in several "mini-interviews" with fellowship directors at programs you are interested in pursuing. Thus, be prepared before attending a meeting for potential unexpected networking opportunities. As such, you should be prepared with an updated CV, LinkedIn, and awareness of your career goal.

Gastroenterology:

ACG- <https://gi.org/fellows-in-training/mentoring-program/>

AGA- <http://www.gastro.org/trainees/mentoring>

Cardiology:

ACC- <http://www.acc.org/membership/member-benefits-and-resources/career-resources/mentoring-program>

Pulmonary—Critical Care:

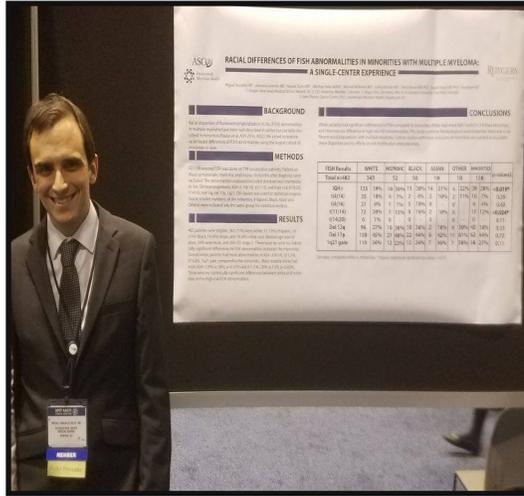
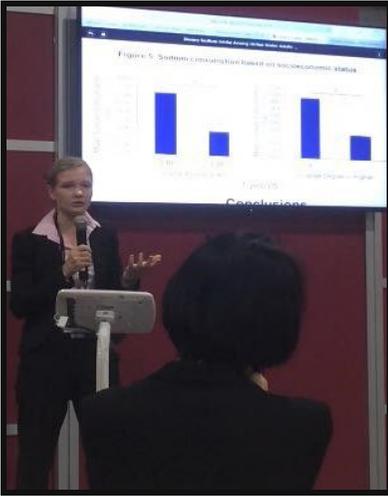
ATS-<https://www.thoracic.org/members/assemblies/ats-mentoring-programs.php>

Hematology—Oncology:

ASCO- <https://www.asco.org/practice-guidelines/cancer-care-initiatives/diversity-oncology-initiative/diversity-mentoring-program>

Endocrinology:

AACE- <https://www.aace.com/membership/mpv2>



4. Learning research skills

You may be worried about how to start a project and develop essential research skills. Although it is true that it may be difficult to learn such skills during residency, there are a lot of useful resources from which you could learn for free.

Step One: A good website is

'Coursera' (<https://www.coursera.org/>):

Review on basic statistics and epidemiology.

Step Two: Learn from your co-residents and senior residents. If you are conducting a retrospective chart review study, try to learn how to collect patient information efficiently in Epic from experienced senior residents.

Step Three: Be familiar with current trends in research. In order to do this, follow JAMA, NEJM, Annals of Internal Medicine, and BMJ facebook or twitter pages so that you can read the title/abstract of the current issue. Moreover, there are many journals you could subscribe to by e-mail. The more you read, the more you can come up with similar, but novel ideas for your own research projects. Try to focus on what kind of dataset and statistical methods were used.

Step Four: There are some public national datasets in which a lot of research questions can still be addressed. These include National Health and Nutrition Examination Survey (NHANES), National Ambulatory Medical Care Survey (NAMCS), Surveillance Epidemiology and End Results (SEER), and National Inpatient Sample (NIS, it is not free, but our department has the data for residents). If you use this dataset, you don't need to go through IRB process.

5. Publication Type

There are various types of publications (original article, review article, case report, or letter to the editor). Publishing an original or review article is more time consuming and can be more challenging than publishing a case report or letter to the editor. However, in order to have your name in Pubmed or increase a Pubmed-indexed publication, writing a case report or letter to the editor can be useful. What the letter to the editor requires is critical thinking and analytic skills on the interpretation of an article (what are the strength/weakness of the journals, or what was not fully explained in the journal, etc). Such critical thinking is no different from what we do in our academic half day or journal club. Also, in general, submitting to an open access journal has a better chance of getting accepted.

Please reach out to me if you have any questions via email or text.

Cheers,

Hyunseok Kim

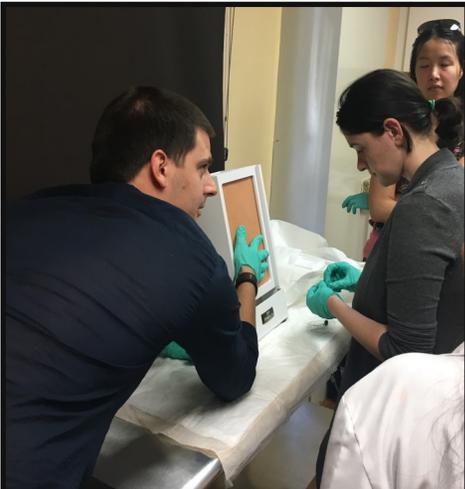
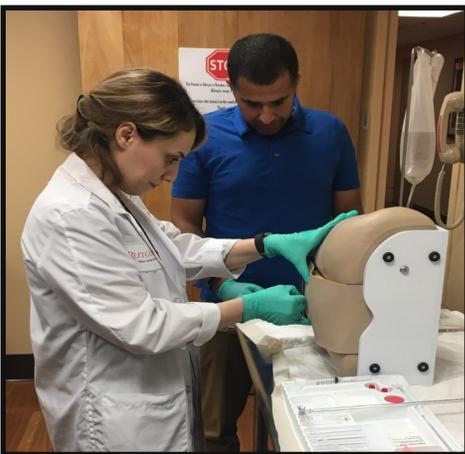
Procedure Night 2017! By Your Future Chiefs

On September 21, we held our annual procedure night for all the bright and shining interns! The highlight of the evening was clearly the pizza but in between we were able to “inject” some learning. The interns, and even some seniors, practiced some very common procedural skills, such as venipuncture and ABGs. What the interns may not realize is that learning those skills means no more excuses about why labs haven’t been drawn yet! Everyone had the opportunity to practice other, more invasive, procedures in a low stress environment (unless you were with Luis...he’s very serious about his LPs) such as paracentesis, intubations, thoracentesis, LP’s, and central lines at the VA simulation center.

Future chiefs, Justin and Janice (aka J²), on procedure night said “It was a great opportunity to meet the new interns and teach them the skills they will need to succeed in their residency. You could see their eyes light up with excitement when they finally succeeded at each procedure!” and “It was great to see all the residents support one another in learning new skills and celebrating each other’s success. You can see their confidence build as they practiced more at each procedure station.”

We are looking forward to helping you all practice the skills learned in the simulation lab on the floors! Remember, hand washing, gloves, and lots of practice. But most importantly, log all the procedures in New Innovations!

-The Baby Chiefs





Who's Who: Dr. Daniel Matassa

We want to welcome Dr. Daniel Matassa in his new role as Associate Program Director! Before coming back to University Hospital, Dan served as Chief Medicine resident at the East Orange VA. Dan has been a “New Jerseyan” all his life, born and raised in Bergen County. For his undergraduate education, he ventured to Philadelphia, where he received a B.A. in Biology from La Salle University. He could not tolerate Philly fans and so made his return back to New Jersey to attend Rutgers- New Jersey Medical School. After graduating medical school, Dan’s interest in urban medicine led him to pursue an Internal Medicine Residency at Rutgers - NJMS. He is extremely passionate about medical education spending a significant portion of his free time as a USMLE and ABIM tutor.

In his new role as APD he along with Genevieve (current ambulatory chief) will be facilitating academic half days for residents on ambulatory block. He will also serve as an attending in the Academic Care Clinic as well as on inpatient floors at University Hospital. When asked what advice he had for new interns, Dan said, “My biggest piece of advice for the residents, especially new interns, is to be thorough. No one is in a competition to write the shortest or fastest note. Take your time to chart review, think things through, and acquire all of the information you can. Small details can often make a significant impact on the care you provide.”

Outside of the hospital, Dan loves spending time with his wife, two beautiful children Liam and Chelsea, and his dog Marty. He is a huge fan of the New Jersey Devils hockey team and enjoys playing basketball and swimming.





Who's Who: Janice Liu

Hello! My name is Jie Qi Liu, but most people call me Janice. I was born in Xu Zhou, China, and came to America when I was 5 years old. I moved around a lot, so it's difficult to answer the question of where my hometown is. I have lived in New York, North Carolina, Florida, Kentucky, California, back to New York, and now New Jersey. My parents are in Bakersfield, California and I try to visit them every year.

Fun fact: My parents, in an attempt to give me a more pronounceable name, almost named me Dodo because it sounded like my nickname in Chinese (dou-dou, which means means little peas). Luckily for me, someone told my parents that dodos are stupid, flightless birds and it would not be a flattering name.

I graduated from Barnard College in NYC, and went to SUNY Stony Brook for medical school, so New York has become my second home. I was fortunate to meet my husband through church towards the end of college, and we dated 7 years before getting married. We actually got married in January of intern year, and now live in Hoboken! A few months into our marriage, we brought into our lives an adorable Shiba-Inu puppy named Kobe (my husband likes basketball). In the year since we've gotten him, he has simultaneously brought us so much joy and so much anger!

In my free time, I like to cook and eat—a lot. In fact I initially picked up running in order to balance out how much I eat. However, now I actually enjoy running and have run 2 half-marathons so far. I'm actually aiming to run the 2018 NYC Marathon, so wish me luck! I also love fashion and traveling. For my medical school graduation gift, my parents allowed me to go on a 7-week trip with my friends and husband. I went to Bali, Hong Kong, Bangkok, Seoul, Tokyo, China, and ended it with a quick tour of Italy (Rome and Florence) and France (Paris). For my honeymoon, my husband and I went to the south of France and Shanghai. And for my last vacation, we went with some friends to tour all over Italy! The adventure is only beginning and I can't wait to plan my next



Who's Who...Baby Edition

Pair the baby to the resident!



Where's the intubation kit?

Match the baby to his or her resident parent!

- Veronica Mariotti
- Sarah Ahmed
- Edward Rojas
- Everest Seci
- Richard Hajjar

What? Night float?

Resident Social Corner



A. Veronica Mariotti, B. Sarah Ahmed, C. Meredith Holub, D. Edward Rojas, E. Everest Seci, F. Richard Hajjar,

RCQ Brought To You By:



New Jersey Medical School



Patient Care, Teaching, Humanism,

Chief Residents:

Khaled Abu-Ihweji, Daniel Bodek, Jacqueline Burnell, Natalie Cedeno, Njambi Mathenge, Genevieve Matthews, Claudia Miranda

Program Director:

Mirela Feurdean

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

INTERNS:

Umar Sharif
Giselle Suero Abreu
Barbara Danek

SENIORS:

Faheem Malik
Kasra Moazzami
Richard Hajjar

AUGUST

INTERNS:

Benjamin Perella
Ryan Golding
Rosa Pasculli
Toby Terwillinger

SENIORS

David Song
Piyumika DeSilva
Elena Dolmatova
Malorie Meshkati



Answer: D

NEJM Image Challenge



What is the diagnosis ?

- A. Closed– angle glaucoma
- B. Cholesterol Emboli
- C. Diabetes Mellitus
- D. Malignant Hypertension
- E. Syphillis

Announcements

Save the Date:

Interdepartmental Social Event

October 8th

Hosted by Surgery, location TBD (but get excited for apple and pumpkin-picking!)

Fellowship Night

October 26th

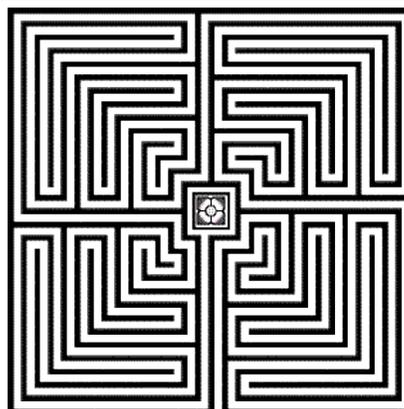
Rosemary Gellene Room

HUMC Holiday Party

December 2nd

- ◇ The **HUMC Board Review** is in full swing, check the calendar for lecture schedules. Dinner is provided.
- ◇ Be sure to visit **Sakai** for curriculum information, supplemental self-study articles, and scheduling changes

Resident Wellness



Complete the mandala above as an exercise in relaxation and meditation. Stare at this image and attempt to clear your mind; when other thoughts enter, refocus on the image and continue until successful!

As a reminder, the Resident Excellence & Wellness Center remains a valuable, confidential resource for all residents feeling stressed out, burnt-out, or experiencing emotional duress.

Please visit <http://ubhc.rutgers.edu/resident> for additional information.

Comic Relief



"The Doctor will see you now. Here's your medical jargon dictionary."

NEED TO REACH US? CALL!

UH: 973-972-5584 / 6054

HUMC: 551-996-2591 / 2592

VA: 973-676-1000 x1874/1873