

# Resident Connections Quarterly

## Rutgers NJMS Internal Medicine Residency Program

Volume 9, Issue 3

Spring 2019

### Fellowship Match



Nerves. Anticipation. Excitement! After many long months of hard work, interview day tours, and countless sandwich lunches, the match process culminated on November 28, 2018. After frantically refreshing our email at 11:59am, members of our program were delighted to learn the outcomes of a process several years in the making.

This year, we celebrated successful match outcomes for 28 of our current third and fourth year residents, chiefs, and recent alumni. In summation, we matched into the fields of allergy/immunology, cardiology, gastroenterology, nephrology, hematology/oncology, endocrinology, palliative care, and pulmonary/critical care. In a few short months, we will be re-locating to places across the country and embarking on a new journey. Some of us are fleeing to the warmer climates of California and Florida while others are staying put at our beloved NJMS.

We had a great time at the match day party in Jersey City as we all got to congratulate our colleagues on their accomplishments and reflect upon the process. We even had a very special guest appearance, who was a little underage but nevertheless had a big presence in the arms of papa chief resident (see picture on the right). We are excited to see what the future holds for everyone!



### In This Issue:

- Fellowship Match .....1,2
- ACP Bowl.....2
- Research Day.....3
- Interns Retreat.....4
- Who's Who .....4, 5
- 10-year challenge.....5
- Congratulations!.....6
- Chief's Farewell.....7
- Image Challenge.....8

## Fellowship Match (Continued)

Resident	Specialty	Program
Sarah Abbassi	Allergy/Immunology	Rutgers NJMS
Pratik Agrawal	Cardiology	West Virginia University
Sarah Ahmad	Nephrology	University of Pennsylvania
Akhtar Amin	Cardiology	University of Texas -San Antonio
Abinet Aklilu	Nephrology	Yale University
Ayush Arora	Cardiology	University of Texas -Houston
Ryan Butzko	Pulm/Critical Care	Northwell North Shore/LIJ
Ning Dong	Heme/Onc	U of South Florida -Tampa
Faheem Malik	Endocrinology	Stanford University
Reza Hashemipour	GI	Rutgers NJMS
Camille Johnson	Heme/Onc	Boston University
Sejal Kothadia	Heme/Onc	VCU
Janice Liu	Heme/Onc	Rutgers RWJ
Jonathan Lim	Nephrology	Johns Hopkins University
Justin Mathew	Endocrinology	Montefiore Medical Center
Thayer Nasereddin	Gastroenterology	Allegheny Gen Hosp
Ronaldo Ortiz Pacheco	Pulm/Critical Care	Stony Brook University
Rima Panchal	Heme/Onc	University of California San Diego
Neel Patel	GI	West Virginia University
Eman Rashed	Cardiology	Icahn SOM at Mount Sinai
Sheena Rastogi	Cardiology	Northwell North Shore/LIJ
Edward Rojas	Cardiology	University of Virginia
David Song	Cardiology	Icahn SOM St Lukes-Roosevelt
Adam Tsangaris	Cardiology	University of Minnesota
Jonathan Lim	Nephrology	Johns Hopkins University Hospital
Rahool Dave	Allergy/Immunology	University at Buffalo
Evan Orosz	GI	Rutgers RWJ
Natasha Piracha	Palliative Care	Icahn SOM at Mount Sinai

## ACP Bowl

Congratulations to our ACP Challenge Bowl team, who placed 3<sup>rd</sup> at the state level competition on March 22<sup>nd</sup>! There was a lot of excitement in the air in the early afternoon of the NJ ACP Scientific Meeting.

The four competing teams arrived on site, with cheerleading support in tow (along with their PDs, who seemed more nervous than the residents themselves). The competition started furiously, with buttons being pressed before the questions were read in full, even before the team knew the answer!

Many of us learned new things. For example, did you know that decompression sickness is called “the bends” in English but “maladie des caissons” in French? This led to an interesting answer of “caisson disease” – which was technically correct, but not accepted for points. (Yes, it was our multicultural team who produced this answer!)

The team from Raritan Bay won with a display of superb knowledge and perfect Jeopardy strategy. We came in 3<sup>rd</sup> in this fierce competition, and we are very proud of it! Next year we'll chase the Program Director away (to ease up the pressure), bring in fierce cheerleading squad (though Alana, Ying and a few faculty did their best to keep up the noise), and maybe play a few more Jeopardy games as training curriculum!

--Dr. Feurdean



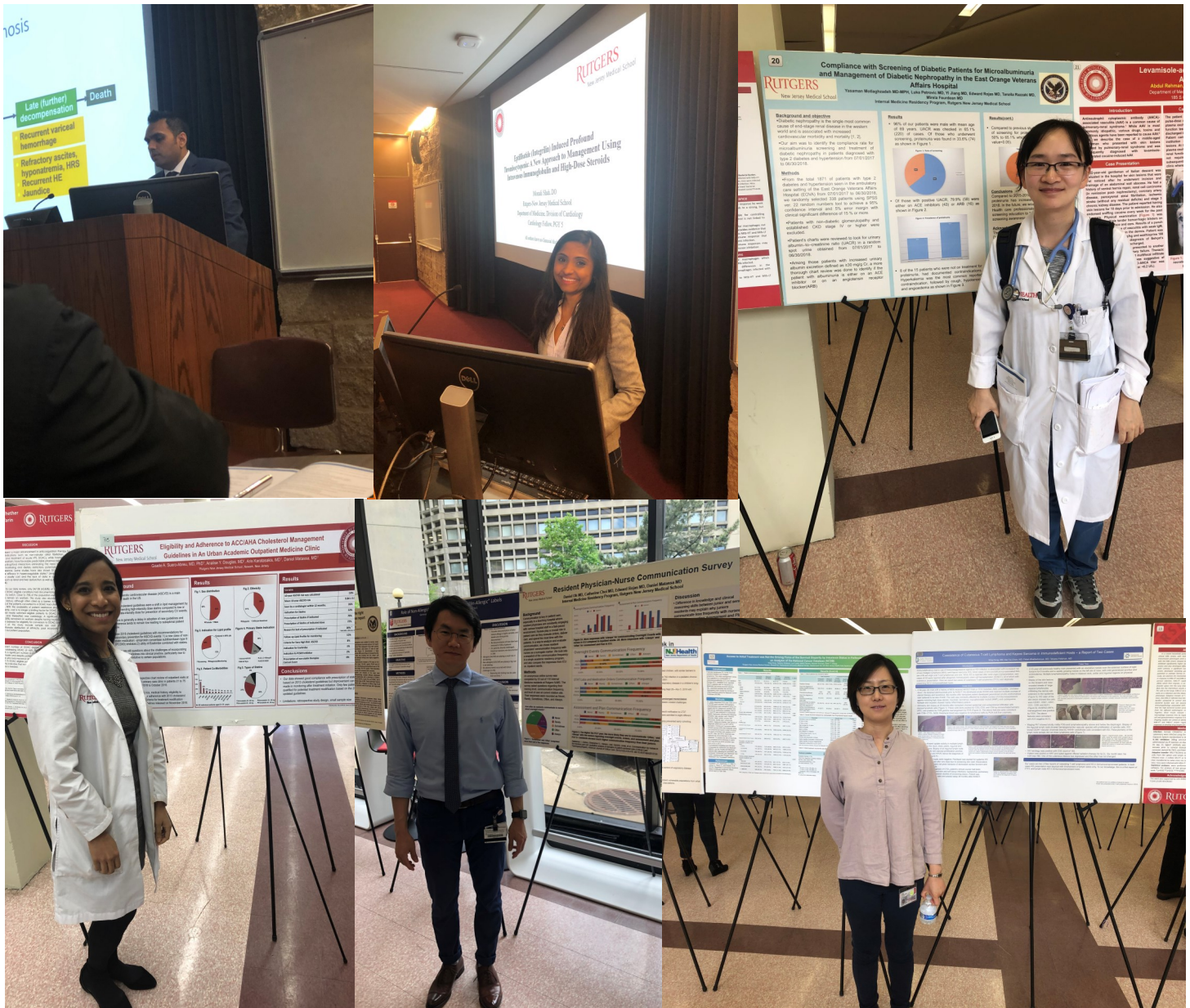


# Department of Medicine Research Day

On May 16th, the Department held its 17th edition of Research Day. Everyone in the department was invited to display their work, from basic research to clinical and epidemiological research, QA/QI, and clinical vignettes - a total 90 abstracts were submitted for poster presentation! The best 4 in each category were invited for oral presentations:

1. "Uncovering mechanisms leading to differences in disease outcome in epidemiologically characterized high and low transmission strains of *Mycobacterium tuberculosis*" by Arianne Lovey
2. "Reducing the Unintended Dislodgement of Gastrostomy Tubes in a Long-Term Acute Care Hospital: A QA/QI Pilot Study" by Jamil Shah
3. "Evaluation of reasons for admission in patients with decompensated cirrhosis and their burden on health care cost and mortality over the years: Nationwide Analysis" by Kalpesh G. Patel
4. "Eptifibatide Induced Profound Thrombocytopenia: A New Approach to Management Using Intravenous Immunoglobulin and High-Dose Steroids" by Monali Shah

After the exciting oral presentations, all were invited to lunch and poster viewing. We are looking forward to Graduation Day, when we will find out the winners of the 4 Awards: Best Oral Presentation, Best Research Poster, Best Clinical Vignette and People's Choice Poster.





# Congratulations!

## Golden Apple and Arnold P. Gold Humanism Awards



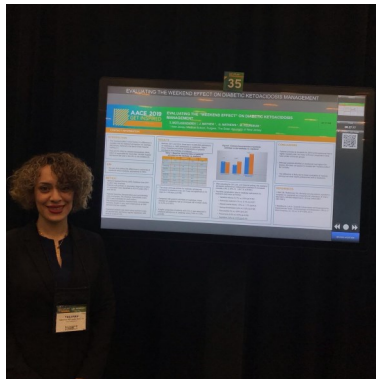
The Golden Apple recognizes excellence in teaching and is one of the highlights of the year. Our very own Dr. Fayngersh, Claudio Fojanesi, and Analise Douglas won the prestigious award. Analise made us even more proud when she won the Arnold P. Gold Humanism in Medicine award!

## Walter W. Tunnessen, Jr. MD Award

Natasha Piracha, chief extraordinaire, received this award at the annual national Medicine-Pediatrics Program Directors Association Meeting. Dr. Wong presented Natasha with the award in New Orleans. The honor recognizes Natasha's excellent skills in teaching and patient advocacy.



## AACE 2019 Young Investigator Award



We are very proud of Yasaman Motlaghzadeh, junior resident in our program, who received the Young Investigator Award at the 2019 National Meeting of the American Association of Clinical Endocrinologists for her study titled "Evaluating the weekend effect on DKA management". Way to go, Yasaman!

## NYRR Newport Fiesta 5K finishers



Residents gathered in Jersey City for the inaugural Jersey 5K race hosted by the New York Road Runners. There were over 7000 participants, including many of our own residents, who demonstrated that it is possible to be strong in both the mind and body! Everybody finished with a smile on their face, and that is no easy feat!



## Who's Who: Dr. Joshua Kra

We would like to welcome Dr. Joshua Kra, one of the new faculty members in the Division of Hematology/Medical Oncology! Dr. Kra is a native of New Jersey, having grown up in Essex county. After graduating from high school, his first experience in medicine was shadowing in a neuroscience lab at Rutgers NJMS. Dr. Kra received his MD from the Albert Einstein College of Medicine and then completed an Internal Medicine residency at Mount Sinai Beth Israel in Manhattan, where he also served as chief resident.

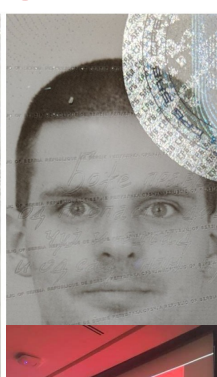
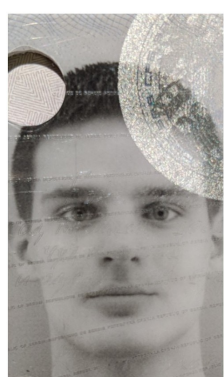
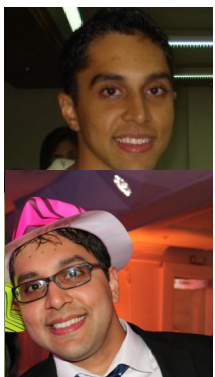
After residency, he completed a fellowship in Hematology and Medical Oncology at Rutgers Robert Wood Johnson/ Cancer Institute of New Jersey, gaining experience in a wide variety of diseases seen within the specialty. Dr. Kra enjoys his specialty as it provides him an opportunity to forge deep, meaningful connections with patients while continuing to cultivate his interest in ongoing research and scientific discovery within the field.

As a faculty member at NJMS, Dr. Kra is excited to work with all learners, from medical students to residents, in both clinical settings and didactic sessions. He also is looking forward to serving the local community and providing comprehensive multidisciplinary, individualized treatment plans for our patients here in Newark.

Dr. Kra is a proud husband and father of 3 children (ages 2, 5, and 8) who are sure to always keep things interesting around the house. In addition to spending time with his family and coaching in his son's baseball league, he also enjoys watching (and playing) a variety of sports including baseball and football.



## 10-Year Challenge: Rutgers Edition





## Who's Who: Madia Ampey

I'm Madia Ampey, first year resident in our fantastic and vibrant intern class! I was born and raised in the frozen tundra known as Minneapolis, Minnesota. This is a place where you can find ice skating as part of the gym class curriculum. I've also snow shoed and been ice fishing. I have 5 brothers and 1 sister with whom I've built too many snow forts to count. And yes, I still call carbonated beverages pop (it's the proper name).

I ventured out to the East coast for the first time to complete my undergrad at Johns Hopkins in Baltimore, where I majored in Spanish Language and played volleyball on the club team. Although I knew I wanted a career in medicine, I was not ready to apply to medical school just yet, so I took a gap year as an AmeriCorps City Year member in Miami, Florida. I quickly returned to the cold (Miami you were too hot and humid for me), and went to University of Minnesota Medical School.

During medical school, I was introduced to the world of social determinants of health and the large health care disparities that existed in Minneapolis and throughout the country. I had family and friends who had been affected by many of the flaws and biases in our health care system. This sparked a whole new interest and love for the field of medicine. I also spent a lot of my time outside of the lecture hall/hospital with our SNMA chapter, which was an integral part of my time and experience in medical school.

And now, the question I am most commonly asked, "[gasp!] Minnesota!? Why are you here?" NJMS seemed like the perfect fit to continue learning about our healthcare system through social determinants of health. When I am not at the hospital, you can find me eating ice cream, baking yummy treats, watching Netflix, and searching for a new volleyball team.



## Intern Retreat

'Twas the months before seniorhood  
When the interns feel their doom  
They came to the interns retreat  
Where they tried to escape the room

While only one group made it out  
Because some of them knew morse code  
They were all able to work together  
And went into detective mode

Then they played a lot of games  
And ate Oreos from their face  
They were always supportive of one another  
Even though this is a race

Afterwards they bonded over pizza  
As we discussed tips on how to shine  
Though the task may seem daunting at first  
Don't worry—you'll all be fine!

- The Chiefs





# Chief's Farewell

This year is coming to a close and we want to thank each one of you for making this year truly memorable. We feel so privileged to have the opportunity to work with such bright minds. We know you all will achieve great things, and we feel honored to have been a part of your journey. Don't be strangers now and keep in touch!

-Justin, Eman, Janice, Sejal, Natasha, and Ed

## And now some parting wisdom...



It has been my pleasure to be your chief this year. Getting to know each of you has made this year worth it for me. I hope you will all continue to consider me as someone you can turn to, talk to, and be there for you. Be strong, be kind, be open to change, and trust your instinct

-Eman



Always stay humble and respectful. Even when you're on MCR :D. We are all learning, no matter where we are in our careers.

-Janice



When I interviewed residency applicants, I always told them the best part of this program is the residents. Keep looking out for each other, supporting each other, and putting your patients first. Proud of (almost) all of you!

-Justin



First of all, thank you! To be part of your professional growth process this year has been an invaluable experience. Just be true to yourself and to the principles of honesty, respect and excellence. It takes courage and requires you to be introspective and sincere. You can always study more and learn a new skill, but you will need strong foundations to keep learning a lifelong experience. Keep the patient the #1 priority, everything else will come with ease. Au Revoir! -Ed

Thank you for the opportunity to be one of your chiefs this year, and for letting this Med/Peds girl experience all that is academic half day!

I want to encourage you all to lead by example, throughout your careers, even (and especially) when the days are tough and you're just not feeling it. You will always have someone: a patient, a student, or a junior resident, who will aspire to be just like you.

-Natasha



Take pride in what you do every day. Learn from each other and remember what we do is important and a privilege. The world is small and you never know who you will need to call on.

- Sejal

## RCQ Brought To You By:

**Chief Residents:** Janice Liu, Sejal Kothadia, Justin Mathew, Eman Rashed, Edward Rojas, and Natasha Piracha

**Program Director:** Mirela Feurdean

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**We're on the Web!**

[http://njms.rutgers.edu/departments/medicine/internal\\_medicine/](http://njms.rutgers.edu/departments/medicine/internal_medicine/)



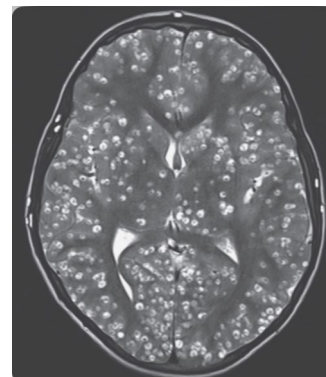
...and don't forget to join the NJMS Internal Medicine Residency Group on Facebook!

## Housestaff Awards

*Congratulations!*

<u>November</u>	Ning Dong
Ben Perella	<u>January</u>
Dayna Panchal	Zahf Shaikh
Byung Park	Sung Choi
Nebojsa Markovic	Toby Terwilliger
Zahf Shaikh	Anurag Sahoo
<u>December</u>	Ravi Upadhyay
Jonathan Lim	<u>February</u>
Vanessa Soetanto	Rehan Umar
Umar Sharif Khawaja	Ranye Efobi
Daniel Oh	Ben Perella
	Caitlin

## NEJM Image Challenge



What is the diagnosis?

- A. Cerebral Metastasis
- B. PML
- C. Cerebral vasculitis
- D. Neurosyphilis
- E. Neurocysticercosis

Answer: E

## Announcements:

**Save the Dates:**

**6/13/19: Graduation**

**6/21/19: Intern meet and greet**



**Questions? Need to talk? Call!**

UH

973-972-5584 or 6054

HUMC

551-996-2591 or 2592

VA

973-676-1000

x1873, 1874, or 2803

Resident Wellness Center And Excellence Center

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