

Resident Connections Quarterly

UMDNJ-NJMS Internal Medicine Residency Program

Volume 3, Issue 1

Summer 2011

Welcome Intern Class of 2011-2012!



Introduction to Research Lecture Series



August 4 - Introduction to the Research Advisory Committee and Library Services

August 11 - How to Submit an IRB

August 18 - How to Write a Case Report

August 25 - Resident Research Panel

Inside this issue

<i>Chief Residents' Bio</i>	2
<i>Who's Who—Attending</i>	2
<i>Match Results 2011</i>	3
<i>ACP Leadership Day</i>	3
<i>Graduation 2011</i>	4-5
<i>Running Feature</i>	6
<i>Who's Who—Resident</i>	6
<i>Summer Events 2011</i>	7
<i>QI/ QA Projects</i>	7
<i>House staff Awards</i>	8
<i>Intern Survival Guide</i>	8
<i>Tracking Duty Hours</i>	8
<i>Geena's Joke Corner</i>	8

July 1st is a day most new doctors fear. Our new medicine interns, though, started with a brave face and lots of determination. To prepare them for this stressful day they received lessons in teamwork and unity at the NJMS Internal Medicine Annual "Intern Meet and Greet" held in beautiful Verona Park. Around 50 interns and residents came out despite the threat of lightning and rain. Thankfully, the weather cooperated and everyone have a wonderful time!



To build rapport, games were organized by the new Chief Residents. Game one, the interns stood in a circle, hand in hand, and competed to get a hula hoop around the entire group without breaking hands. This turned out to be difficult feat for one of the teams, but they did finish with a strong second place showing (there were only two teams). The next

game entailed breaking up into teams of three to compete in a spoon and egg relay race. The objective was to be the fastest without dropping the egg. Winners of the race were Leandro Lencina, Celestine Nnaeto, and Jay Patel. This proves that these residents will...be able to make a mean

pouched egg. A certain third-year resident and family came in last place in this game. We won't mention any names (Susana Tapia). The final game was the infamous three legged race. Participants included many residents and even two of our attendings – Drs. Gerula and Kothari. Though they may outrank the rest of us in PGY years, their advancing age kept them near the back of the pack. As for Jison Hong and Geena Varghese, two of our new Chief Residents, they should probably stick to their day jobs and remember that heels are made for walking, not races. The winners



of this race were Ryan Chadha and Sean Sullivan, and in second place, 1/3 of a leg behind, were Shashi Kapadia and Yousaf Ahmad. These are the interns you want running to your crashing patient in a code!

When the games were over, the interns and residents enjoyed great food while socializing with one another. After meeting this new class of residents we have no doubt that this will be a fantastic year!



Get To Know Your Chief Residents!



Pictured left to right: Sender, Lisa, Geena, René, Jison, Maryann, George

HUMC Chiefs

- Maryann Maximos, DO- She was raised in Northern NJ and headed out west to attend Penn State University for college. She then attended the NY College of Osteopathic Medicine. She will continue her training at the University of Florida in pediatric gastroenterology. In her free time, Maryann likes to travel (especially to the Caribbean), practice her baking skills, and find great deals at her nearest outlet mall.
- René Eleanor Paulin, MD- René was born and raised in Philadelphia, where she earned her undergraduate and medical degrees from UPENN and Temple University School of Medicine, respectively. She will begin fellowship training in the field of hematology / oncology at NYU next year. In her spare time, you may find her: kickboxing at Lucille Roberts or enjoying IHOP's pancakes with her 5-year-old son and love-of-her-life, Gabriel.

UH Chiefs

- George Protopapas, MD- Born in New Jersey. He enjoys traveling, playing soccer, and watching baseball. He is happily married and just found out that he's a soon-to-be father!
- Jison Hong, MD- Born in Korea. Grew up in Kansas, moved to NY to attend NYU and went on to UMDNJ-NJMS for her medical degree. She owns more than 100 pair of shoes and knows the words to almost every song on the radio!

VA Chiefs

- Slawomir Sender, MD- Born in Poland. He was a high school math teacher before he decided to go to medical school. He is happily married and loves to play soccer.
- Lisa Patel, MD- Born in Summit, NJ, grew up in Madison, NJ, where she dreamt of being the next (female) Andre Agassi. Instead she went to NYU. From there she went to the sunny island of Grenada to study medicine at SGU. After chief year, Lisa will start her Gastroenterology fellowship at Henry Ford in Detroit, MI. In her spare time, she likes to bike, eat out, and chill with family and friends.
- Geena Varghese, DO- Geena was born and raised in New York, NY. She attended a seven year bachelors of science/ doctor of osteopathy program at NYIT/NYCOM. She also completed her Masters in Business Administration during this time. She recently matched for an Infectious Diseases fellowship at Mount Sinai. She loves the NY Knicks, and making up medical jokes.

Who's Who Among Medicine Attendings - Rajendra Kapila, MD



He is known to recite the latest MMWR findings while munching on carrot sticks and listening to the CPC from his customary seat in the second row. Dr Kapila, life-long NJMSer and voted best faculty teacher at University Hospital in 2011, has never backed away from the spotlight - always with the goal of imparting some

practical knowledge to his audience. Dr Kapila completed his Internal Medicine residency and Infectious Diseases fellowship here at NJMS and can now be seen leading his floor and ID teams in deep discussion on a daily basis. As Chairman of the Infection Control committee, he'll recommend you stay clear of the bathroom facilities next to the cafeteria, but will vouch for the cleanliness of the cafeteria's food. He'll reveal to you that he has a twin brother and will humbly admit that his brother's job as an engineer is painstakingly harder than his daily discoveries of all things infectious. When asked, the most overlooked component of residents' physical exams has been lymphadenopathy (ask him to share his stories of missed

lymphadenopathy), while the most under-utilized lab test has been obtaining a buffy coat. He urges house staff to stay true to the fundamentals of medicine, which can be more revealing than pan-scanning your patients! And even though Dr. Kapila will always look far and wide for uncommon causes of common things, he urges the house staff to remember Sutton's Law—when diagnosing, remember the obvious! His hobbies include gardening (he'll warn you about contracting Lyme > Sporotrichosis) and traveling, with some of the most exotic locations including Burma, Egypt and Cambodia. He wishes the new interns much success this year and looks forward to leaving a lasting impression on their eager young minds!

Match Results 2011

Cardiology:

Hayder Hashim – NJMS
Kunal Patel – Henry Ford Medical Center
Daniel Zakhary – Winthrop University Hospital



Endocrinology:

Marlyn Fernandez – NJMS
Carlos Nunez – SUNY Stonybrook
Shimon Harary – Vanderbilt

Gastroenterology:

Samiullah – NJMS

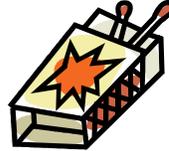
George Protopapas – NJMS
Katherine Kim – NJMS
Lisa Patel – Henry Ford Medical Center
Cynthia Quainoo – SUNY Downstate
Bingru Xie – Texas A&M
Carl Atallah – Midwestern Univ, Chicago
Maryann Maximos – University of Florida (Peds)

Geriatrics:

Irene Hwu – SUNY Stonybrook

Hematology/Oncology:

Jessie Gao – Columbia
Chine Abanonu – University of Iowa
René Paulin – New York University



Leidy Soriano – Children's Hospital of LA (Peds)

Infectious Diseases:

Geena Varghese – Mount Sinai
Meredith Schade – NJMS

Nephrology:

Ethan Ko – Georgetown
Roxanna Rodriguez – Long Island College

Pulmonary/Critical Care:

Sree Naik – Yale
Rex Sagalla – SUNY Stonybrook

Rheumatology:

Jison Hong – Stanford University
Onajite Onaodowan – Univ of N Carolina

ACP Leadership Day

During our busy floor rotation, we were delighted to learn from Dr Kothari that we would be going to Washington DC in May to participate in the American College of Physicians (ACP) Leadership Conference. We hit the road early morning on 24th May towards Washington DC. We joined a group of physicians from New Jersey and learned a great deal about the new Affordable Care Act and current health care system. We attended talks by distinguished ACP members and members of the United States Senate. The combination of several booklets of briefing documents in addition to the tutelage of Dr. Amit Tailor from Hackensack University Medical Center, who was our group leader, provided us with background knowledge on the current political landscape of medicine. We were well prepared after the first day of conferences and were all set to visit members of the Senate and House of Representatives on Capitol Hill. Our team consisted of primary care physicians, residents, and medical students.

During meetings with Congress members and/or their staff, we focused primarily on problems with primary care access and the growing shortage of physicians. This problem will be augmented when millions of people get insured under the Affordable Care Act. We emphasized recruiting more primary care physicians, and addressing the problem of the Sustainable Growth Rate (SGR) formula, a flawed formula for calculating physician reimbursement. Re-

peal of the SGR and implementation of a new physician reimbursement system was strongly advocated. We learnt that instead of continuously pushing back a 30% Medicare cut, the government hopes to adopt a new method of payment, including Medical Home models and Accountable Care Organizations (ACOs). These would NOT be fee-for-service models but have efficiency and cost-savings as primary endpoints. There is more debate on the horizon in determining how to improve our rising healthcare expenditures. Changes will hopefully include more government support and funding of primary care incentive programs (such as a primary care bonus of 10% for those who see more than 60% general practice), National Health Service Corps expansion, and other evaluation/improvements programs to assess accessibility of primary care.

The litigious state of healthcare was another looming issue presented by ACP. Although it was recognized that the tort reform H.R. 5 (Health Act) would likely not pass, it was vocally supported. The ACP also backed the piloting of Health Courts which would be medical malpractice trials ruled by specially trained health professionals in lieu of a lay judge / jury. In addition, the court would not have to rule on negligence, and compensation would be focused on physical damages incurred instead of trying to place negligence upon the treating physician.

This was a novel experience in trekking to

Washington DC to speak with Congressmen and their assistants, as well as interacting with ACP's top brass. We believe we have both received an amazing education in current health care issues. In addition, we now understand a little bit better how Washington DC functions, perhaps to the extent where we can routinely follow healthcare blogs such as Bob Doherty's well known ACP Advocacy Blog (<http://advocacyblog.acponline.org>). Not to mention in addition to learning about our profession's precarious future in the hand of politicians, we also explored our love for Pakistani and Chinese food. A worthwhile learning and bonding experience, we highly recommend attending this conference to all residents!

Written by Samiullah (PGY-3) & Trent Wang (PGY-2)



Pictured from left to right: (top) Trent Wang, Samiullah, Dr. Tailor

Department of Medicine Graduation 2011

The Annual Department of Medicine Graduation Ceremony was held on June 15, 2011. It was a sweltering hot day but that did not stop family, friends, and faculty members from coming out to support our graduating residents and fellows on this joyous occasion. Dr. Haider, Dr. Kothari, and the Fellowship Program Directors all shared words of wisdom to encourage and inspire the graduates.

Each year the Department recognizes outstanding interns, residents, and fellows for demonstrating excellence. These individuals consistently go above and beyond in their daily work. They were all nominated by their peers for being exemplary role models. This year's winners are listed below:

- Intern of the Year
Raffaele Bernardo, DO
- Most Scholarly Resident
Hayder Hashim, MD
- Best Teaching Resident
Tony Tarchichi, MD
- Most Humanistic Resident
Laura Abrams, MD
- Best Teaching Fellow
Alfonso Waller, MD
- Award for Outstanding Professionalism
Ruchi Kumari, MD
- Excellence in Clinical Skills
Jose Churrango, MD
- Best Poster Research Award
Simi Kapoor, MD
- Best Case Presentation Research Award
Anabella Moharita, MD
- Best Case Presentation Research Award
Gyongyi Obi, MD
- Best Oral Presentation Research Award
Wojciech Rudzinski, MD PhD



Each year the residents are also excited to honor their favorite teachers. Three faculty members are chosen to represent each of our three hospital sites. This year's honored faculty are:

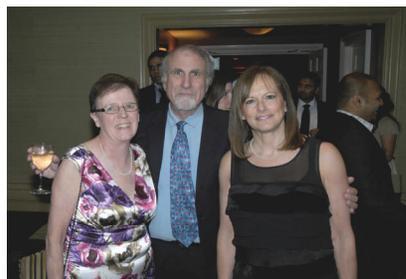
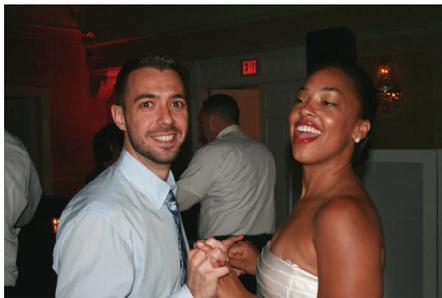
- Best Faculty Teacher Award (UH)
Rajendra Kapila, MD
- Best Faculty Teacher Award (VA)
Ralph Oriscello, MD
- Best Faculty Teacher Award (HUMC)
John Apovian, MD

The residents were happy to see that Drs Kapila and Apovian received some long overdue recognition of their teaching excellence, while Dr. Oriscello continues to remain undefeated at the VA.



Department of Medicine Graduation 2011

After the ceremony, the party got started at the Maplewood Country Club. Highlights from the festivities include an amazing slideshow that was prepared by the out-going Chief Residents. Their presentation included pictures and superlatives about all of the graduating senior residents and prelims. There was also a very boisterous group of dancers, including our very own Program Director, Dr. Kothari, who emerged from out of nowhere once Panjabi MC's remix of "Mundian To Bach Ke (Beware of the Boys)" featuring Jay-Z started playing. It seemed like everyone soon joined in on the Bhangra movement. The party continued late into the night and everyone agreed that this was the best graduation event ever! All in all, the new venue for this year's dinner dance was a huge success!



We've Got A Bad Case Of The Runs...



As a way of relieving stress and burning off the winter flab, some of the residents (and fellows) decided to dust off their running shoes and hit the pavement. It was a rainy day but the clouds cleared and the sun came out just in time for the American Heart Association 5K Wall Street Run on May 17th. Team UMDNJ raised a total of \$1100!

A couple of weeks later, on June 6th, several residents woke up at the crack of dawn and made a trek down to Cranford, NJ to attend the First Annual Oriscello 5K invitational. This is how it all started.

Dr. Oriscello, our VA cardiology attending, is known to run 5k every morning at 4am no matter rain nor shine. In a moment of stupidity, Carlos Nunez challenged Dr. Oriscello to an early morning 5k race. Word of the competition spread like wildfire and many graduating residents eagerly signed up for the challenge. Residents trained for months as their sole purpose was to beat Dr. Oriscello. We agreed to meet at 5AM at Nomahegan Park in Cranford. Before the break of dawn a combination of 25 residents, fellows, and medical students were in their Nike gear and ready to run. One resident, Ethan Ko, showed up with only a sports bra and girl shorts. He wanted Dr. Oriscello to be beaten by a "Korean girl." Some housestaff started the race with great speed and others gained momentum with each passing kilometer. One by one many were seen passing our favorite attending. In first place was a very sweaty Kamran Ahmad with many residents finishing soon after. Residents /

fellows who have not seen a gym in 3 years felt the adrenaline rush and completed the 5K with great speed. After the 5K everyone gathered at Dr. Oriscello's house for snacks, refreshments, and some trash talking. We might not be able to diagnose a rate related left bundle branch block, but we can beat Dr. Oriscello in a 5K race!

(Disclaimer: Rumor is that Dr. Oriscello might have let us win. We are choosing to ignore that!)



Who's Who Among NJMS Residents - Roopa Roy, MD

Roopa was born in New York, NY to two loving parents, who were first generation immigrants from Kolkata, India – bringing a true life resemblance to the well-known Bengali family from the book and movie "Namesake." It wasn't long before her parents decided to move into the suburbs of New Jersey to create a life for Roopa and her elder sister, a place that she would call home even up until her Internal Medicine residency! A Jersey girl at heart, Roopa was also a child with many interests, starting to play the piano from age 3 and performing in Carnegie Hall studios, to playing in the state championships of her high school field hockey team. Her interest for medicine began from an early age, as her mother, working as a Pathologist, used to bring her to the hospital on weekends. Some years later, Roopa developed her own interest to volunteer there for many years and cultivate her own love for helping patients in their time of need. After receiving a dual degree in Biology and Psychology from RPI, she worked for a year shadowing an Oncologist at Mountainside Hospital, where she developed an immense passion for the field. She has always been deemed by her friends and family as a genuine and kind person who puts

people's needs before her own. During Roopa's first 3 years of medical school at NJMS, she focused on excelling in her academics while still keeping time for her friends and family, who luckily lived only 20 minutes away. Little did she know, on July 1st of her 4th year of medical school, the man of her dreams would walk into her life. A brand new intern, Manan Pandya, was just starting on Dr. Fede's team while Roopa, the AI for that month, was leaving 2 days later. A short time later led to their first date, falling in love, a romantic proposal by the Hudson, and an unforgettable wedding on June 4th 2011. Both Roopa and Manan are known for their good hearts, avid dancing, and corny jokes! Oh, and of course their love for Internal Medicine. It was a match made in heaven (or Newark, rather!) Roopa is excited to start her residency alongside her husband, Manan, now a 2nd year resident, and two close friends and bridesmaids, Jasneet Gandehok and Aesha Jobanputra, who will be starting their intern year as well. This year, when she's not catching up on sleep, she also plans to learn cooking, improve her medical Spanish, and enjoy her first year of married life with Manan.



Summer Events in New Jersey and New York City

Movies in the Park

FREE Outdoor Movie Screenings take place at Pier A Park, overlooking the beautiful Manhattan Skyline, located on First St. and Frank Sinatra Drive in Hoboken, NJ.

Movies begin at 9 pm in July and around at 8:15 pm in August, unless otherwise noted below. For best seating, come early and bring a blanket or comfortable low-back chair.

July 13 - The King's Speech



July 20 - The Social Network

July 27 - Waiting for Superman

August 3 - Wizard of Oz (8:30 start)



August 10 - Despicable Me (8:15pm)

August 17 - Tangled (8:00pm)



August 24 - Toy Story 3 (8:00pm)

Concerts in the Park

FREE Outdoor Performances will be held Thursday evenings at 7 pm at the Amphitheater at Sinatra Park, located on Frank Sinatra Drive between 4th and 5th Streets in Hoboken, NJ.



July 14 - Ernie Contri sings the Sounds of Sinatra

July 21 - Gene D. Plumber - Tex-Mex-A-Billy

July 28 - Guitar Bar Allstars - rock n' roll classics

Aug. 4 - Son Nueve - an evening of Latin, salsa and more

Aug. 11 - The Gordys

Aug 25 - Swingadelic - an evening of swing, jazz & jump blues



Go to www.nycgo.com/RestaurantWeek for a list of participating restaurants

New York Events in August

Lincoln Center Out-of-Doors - August to September, this series of free music and dance performances is held outdoors at the Lincoln Center

US Open Tennis Championships - the final Grand Slam of the tennis season is held at Flushing Meadows Park in Queens. Tickets for this major sporting event go on sale in late Spring and sells out quickly, so don't delay!

Harlem Week - this event is a two-week celebration of Harlem's rich history and culture

QI / QA Projects

One of the ACGME's six core competencies is Practice-Based Learning and Improvement. Under this heading, residents are expected to develop the skills to be able to systematically analyze practice using quality improvement methods, and implement changes with the goal of practice improvement. In order to achieve this goal, the residents have divided themselves up into groups of 3-5 and are each trying to examine ways of improving clinical care.

Here's a listing of all of the resident group projects

- Are we following guidelines for unstable angina?
- Are we following guidelines for chest compressions in CPR?
- Smoking cessation education in clinic

- Appropriate use of DVT prophylaxis
- End-of-life discussions in the outpatient setting
- Appropriate use of Protonix® in the inpatient setting
- Are we referring African American patients for colorectal screening?
- Appropriate administration of Pneumovax® and flu vaccines in resident clinic
- Are residents following diabetes education guidelines in the clinic for type 2 DM?
- Screening of AAA in resident clinic
- Metformin use in renal failure
- Are we following guidelines for



- management of CKD stage III-IV?
- Are we initiating glucose control for severely septic patients?
- Are we following guidelines for colon cancer screening at the VA?
- Appropriate frequency of A1c's in diabetes
- Are we following guidelines with Coumadin vs. aspirin in VA patients with atrial fibrillation?
- Are we following guidelines for osteoporosis prevention?
- Are we screening for microalbuminuria in diabetics?
- Are clinicians following ACR guidelines for CT scans with patients diagnosed with acute pancreatitis?
- How effective are we in the initial management of sepsis?
- Are we properly screening cirrhotic patients for HCC?

RCQ brought to you by:

Chief Residents—Jison Hong, Maryann Maximos, Lisa Patel, René Paulin, George Protopapas, Slawomir Sender, Geena Varghese

Program Director—Neil Kothari

Suggestions?

Please send them to umdnjchiefs@gmail.com



Patient Care, Teaching, Humanism, Professionalism

We're on the Web!
www.umdnjim.com



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

Distinguished House Staff Awards

April:

Margaret Aldrich
Walson Metzger
Jason Zucker
Dorothy Castro
Ngozi Okeke
Carl Atallah

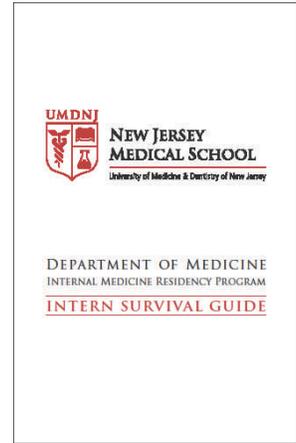
May:

Margaret Aldrich
Michael Cho
Jason Zucker
Tanganyika Barnes
Adam Raskin
Aasma Riaz

June:

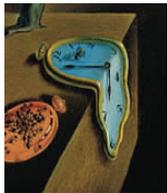
Trent Wang
Xiaolin Yu
Umair Ahmad
Dorothy Castro
Natalie Furka
Anabella Moharita

Intern Survival Guide



The Intern Survival Guide is here! Please stop by the residency office to pick up your copy if you have not already done so. Please let us know if you have ideas or if you would like to be a contributing author for next year's version!

Tracking Duty Hours



A new ACGME requirement was instituted July 1 regarding duty hours. Essentially ALL RESIDENTS MUST TRACK THEIR DUTY HOURS EVERY SINGLE DAY DURING RESIDENCY.

We are using MyEvaluations.com in order to do this. If anyone violates a duty hour requirement (for example – you stay late on an on-call shift because you need to talk to a family), you must report this on MyEvaluations when you enter your duty hours. Dr. Kothari will review each and every occurrence prospectively. (Fun for him we're sure...)



Geena's Joke Corner



Question: Where does sodium and chloride like to go shopping?

Answer: at the Anion Gap

Geena's Jokes
© 2011

"We wanted to make the stress test as realistic as possible."

Questions? Need to talk? Call us!



UH Chiefs-
973-972-5584 or 6054
HUMC Chiefs-
201-996-2591 or 2592
VA Chiefs-
973-676-1000 x1873,
1874, or 2803