

# Resident Report

A NEWSLETTER FOR SUNY UPSTATE MEDICAL UNIVERSITY RESIDENTS AND FELLOWS | FALL 2010

For more information about the residency programs at Upstate Medical University please visit:  
[www.upstate.edu/gme](http://www.upstate.edu/gme)

## Syncope Study



**Jad Bou-Abdallah MD**, a second-year fellow in the Department of Gastroenterology, and **Sharon Brangman MD**, professor of medicine and chief of geriatric medicine, presented an abstract at the annual meeting of the American Geriatrics Society in Orlando, Fla. Their study focused on the prevalence of unnecessary brain-imaging conducted on geriatric patients who had briefly lost consciousness but had no neurological symptoms.

## Dr. Stephen Barnes Wins Professionalism Award

The sharper focus on professionalism in medicine was strengthened in 2002 by the ACGME implementation of six core competencies — including professionalism — into its institutional requirements.

Many of the attributes of professionalism are highlighted by our own Upstate pledge, which cites the importance of courtesy, equality, respect and cooperation, among other attributes.

In supporting this mission, the GME Office last year presented its first Professionalism Award to Dr. Nina Geatrakas, a past resident and fellow in the Department of Radiology. This year the award was presented to Stephen Barnes MD, a PGY-4 in the Department of Anesthesiology.

Dr. Barnes, nominated by several members of the nursing staff at University Hospital, exemplified the ACGME definition of professionalism in his commitment to carrying out his professional responsibilities, his adherence to ethical principles and his sensitivity to a diverse patient population.

### Excerpts from the nominations for Barnes and for other residents follow:

“Every time I worked with Dr. Barnes, he exemplified professionalism. He promptly addressed any situation that was put in front of him. He was timely with orders requested or needed. He treated family and patients with the utmost respect, often taking extra time to explain a patient’s pathology, course of treatment, test results in a manner that was understandable to them. He treated all who came in contact with him with respect and courtesy, and worked well with other staff and nurses.”  
— Donna Waterman RN

“When you work in an operating room, teamwork is very important. Steve is the quintessential team player. He is totally aware of his surroundings and in tune to the needs of people in the room without ever compromising his responsibilities. Besides knowing what is going on academically, he is just downright nice and polite and fun to be around. He knows the true meaning of professionalism.”  
— Jean Howard RN

“We work closely with Dr. Barnes in pre-op holding on a daily basis. He takes the time to explain the anesthesia process to patients on their own level. He is compassionate and caring in his role as a doctor. Patients are more at ease upon entering the operating room. He treats the nursing staff with respect, working in a collaborative team effort.”  
— Pre-Op nurses on 5E



Stephen Barnes MD, a PGY-4 in Anesthesiology, with Pre-Op staff on 5E, including some of the nurses who nominated him for the GME Professionalism Award. Left to right are Kathleen Brock, Robin Mignona, Barnes, Deborah Cottom, Gloria Williams and Rendell Thomas.

### Other nominees for the Professionalism Award and excerpts from their nominations by our nurses:

#### Juneyoung Yi, MD, Neurosurgery

“June is always in a very pleasant mood and has a very nurturing way of speaking with patient families. She is honest at all times while still being very respectful.”  
— Anonymous

#### Scott Ekroth, MD, Orthopedics

“He always responds when called with calm and patience. Dr. Ekroth demonstrates empathy and gentleness with his patients.”  
— Nancy Nye RN

#### Anuradha Duleep, MD, Neurology

“There have been times when I am uncertain of which doctors are covering on the Neurology service. I had Dr. Duleep paged and found out that she was not covering this specific night, but she went out of her way to help.”  
— Jake Sitterly RN

#### Matthew Crowell, DO, Medicine

“He takes the time to listen to the nurses to find out all that he can, and gives excellent care. He is always polite to staff and patients and takes the time to answer patient and family questions in the best way that he can.”  
— Jamie Weeks RN

#### Manju Paul MD, Pulmonary/Critical Care

“She is a great fellow who shows compassion for her patients and is a great teacher to her fellow team members. Always professional and kind.”  
— Jamie Weeks RN

continued on back page —



## Change is Coming



Sara Jo Grethlein, MD

In late September 2010 the ACGME approved new **Common Program Requirements**. These are rules that govern all ACGME accredited residency and fellowship training programs. Although there was a lot of focus on new duty-hour regulations, the requirements contain other interesting changes.

The most significant modification is the shift away from "One Size Fits All." Changes to the work hours for trainees mean that PGY-1s (interns) will work no longer than 16-hour shifts. There are also specific requirements for PGY-1s to work under either direct supervision or with a supervisor immediately available (i.e., in the building).

More senior trainees are given more leeway to work up to 24-hour shifts with 4 hours of transition time — although in New York, the transition time remains limited to 3 hours. In addition, senior residents may have more flexibility related to returning to work for academically important cases. I say "may" because each individual RRC (the group at the ACGME that defines specific requirements for each training program) is now defining the interpretation of these Common Program Requirements for each type of residency and fellowship.

It isn't all about the duty hours, however. The new regulations require that trainees be prepared for the new era of health care with its focus on cost containment, quality and systems. To be specific, residents are expected to:

- incorporate considerations of cost awareness and risk benefit analysis in patient and/or population-based care as appropriate;
- advocate for quality patient care and optimal patient care systems;
- work in inter-professional teams to enhance patient safety and improve patient care quality; and,
- participate in identifying system errors and implementing potential systems solutions.

Other elements of the new rules include ensuring that residents have some exposure to simulation, that they receive feedback from patients on their interactions and that they practice in the most efficient systems possible. Several of the new regulations strive to prepare residents and fellows for long-lasting and fruitful careers while not losing sight of their larger lives and needs. Programs will be working with trainees to address time management and work/life balance. If you want to review the new rules, go to <http://acgme-2010standards.org/>.

These requirements come at an optimal time for Upstate Medical University. At President Smith's direction, a new **Engaging Excellence for Residents and Fellows** will be launched at the end of October. This effort is engaging residents, fellows, faculty, program coordinators, program directors and other members of the Upstate community from across all of the clinical disciplines to improve the trainee experience at Upstate. This effort will have three major thrusts — "**Resident/Fellow Life and Wellness**," "**Embracing Quality**," and "**Enhancing Education**." Over the next several months it is likely that we will be reaching out to the GME community for additional information and ideas to make this successful and ensure that we are meeting the needs of our trainees. Stay tuned!

**Sara Jo Grethlein, MD**  
**Associate Dean, Graduate Medical Education**

### Anesthesiology

Matthew D'Haenens  
Jerome Doyen  
Erin Etoll  
Glenn Flanagan  
Cheryl Lund  
Guillermo Montes  
Meeta Patel  
Philip E. Scherrer  
Balram Sharma

### Anesthesiology-Pain

Matthew Puliot  
Eugene Slocum

### Dental

Patrick Madden  
Duyen Nguyen  
Amine Raji  
Yeritza Rodriguez

### Emergency Med

Patrick Adcock  
Katherine Dougher  
Mohammad A. Hamdani  
Emily Hollywood  
Jarem Lloyd  
Amy Macher  
Radhika Malhotra  
Kathryn McNamara  
Nicholas Nacca  
Susan Schreffler

### Medicine

Robert Antoniou  
Nidhi Bansal  
Pankaj Bharati  
V. Subbarao Boppana  
Mandeep S. Chahil  
Maria Chaudhry  
Toskhan Cooper-Shelton  
John Cullen  
Pratik Dalal  
Najam ud Din  
Vinod Gundu  
Changsoo Hahm  
Matthew Hess  
Sidharth Jogani  
Dilpreet Kaur  
Lovedeep Khara  
Patrick Kohlitz  
Christopher Lau  
Akshiv Malhotra  
Carlos M. Martinez-Balzano  
Michael V.S. Mendoza  
Gary E. Mitrevolis  
Usman Moghal  
Srivani Mudumbi  
Pramod Pantangi  
Ian Pratt  
Yousef Reda  
Gayathri Sathiyamoorthy  
Sana Shafqat  
Pahul Singh  
Shoma Singh  
Pallawi Torka  
Divyashree Varma

### Medicine-Endocrinology

Liviu Danescu  
Pearl Dy

### Med-Hemonc

Roberto Carlos Montoya  
Barraza

### Medicine-Inf Disease

Shehzadi Nagra

### Medicine-Nephrology

Dhruval Patel

### Medicine-Pulmonary

Aravind Pothineni

### Medicine-Rheumatology

Jianghong Yu

### Neurology

Sameer Ali  
Susan George  
Shahnawaz Karim  
Kishan Patel  
Asad Ullah

### Neurosurgery

Michael Galgano

### Ob/Gyn

Allison Brenner  
Carol Lopes  
Loan Nguyen  
Caitlin Parks (Bernard)  
Pujan Shrestha

### Ophthalmology

Laryssa Hurn  
Abhishek Nemani  
Dimitrios N. Sismani

### Orthopedics

Christopher Maugans  
Christopher Parks  
Michael Waters  
Michael Glover

### Orthopedics-Hand

Faruk Balkan

### Orthopedics-Spine

Umesh Metkar

### Otolaryngology

Kaete Archer  
Lauren Busekroos  
Lindsay Sobin

### Otolaryngology-Craniomaxiofacial

Jared Theler

### Pathology

Jason Back  
Youyuan Xu

### Pathology-Cytopathology

Ismatun Swati

### Pathology-Hematology

David C. Spence

### Pediatrics

Winter Berry  
Katherine Fry  
Joseph Gianfagna  
Astha Khanna  
Tristan Lindberg  
Allison Martin  
Ashley Meyer  
Tri Nguyen  
Naomi Park  
Raya Safa  
Kunal Sawale  
Shelly-Ann Williams

### Physical Med & Rehab

Scott Bradley  
Brandon Brevig  
Mohammad Dorri  
Bradley Ertel  
Adrianne O'Quinn  
Adnan A. Qureshi  
Sridhar Vallabhaneni

### Psychiatry

Charles Harris  
Donald Pilch  
Dafni Sadler  
Jennifer Selvarajah  
Diane St. Fleur  
Jamie Vizcarra  
Nisha Warikoo  
Brandon Yeager

### Psychiatry-Child

Emily Gavett

### Psychiatry-Forensic

Brian Barczak  
Enrico Suardi

### Radiology

Kelly Bradley (Todd)  
Scott Davis  
Amir Hameedi  
Esther Lee  
Wesley Roberts  
Arthur Yegorov

### Surgery

Judith Birungi  
Steven Cai  
Bryanna Emr  
Nicholas Glass  
Chinenye Iwuchukwu  
Lisa Lai  
Aisha Mansuri  
Michael Nguyen  
Sruti Patel  
Erik Quilty  
Maheshwaran Sivarajah  
Abhilasha Tangada  
Nishant Vaidy  
Elizabeth Yoo

### Urology

Mourad Abouelleil  
Henry Okafor



Upstate's Division of Dentistry residents for 2010-2011 are, left to right, Amine Raji DMD; Yeritza Rodriguez DMD; Duyen Nguyen DMD, and Patrick Madden DDS.

## Dentistry Residents Deal with Range of Cases

Residents in the **Division of Dentistry** provide a much-needed service for Central New York patients while learning a wide variety of skills and procedures, said Patrick Smith DDS, residency program director.

Each July, Dentistry's general practice residency program welcomes four new residents who spend 12 months seeing patients in the clinic at University Health Care Center in addition to fulfilling requirements at University Hospital.

"Our residents have great opportunities to provide advanced dental care for our patients," Smith said. "They're full-time dentists here at the dental service, while also being on call for the emergency departments. Consultations and various rotations with the Anesthesia, General Medicine and ENT services at the hospital also provide additional opportunities for patient care and education in the hospital setting."

Amine Raji and fellow residents Yeritza Rodriguez, Patrick Madden and Duyen Nguyen see a great variety of patients and conditions — everything from fillings and dentures to dental implants and conditions requiring the use of lasers.

In addition to seeing patients at the clinic, residents work with other Upstate clinical departments to treat patients who are scheduled for other surgical procedures in the hospital and have serious dental problems as well. With those patients, both surgeries can often be done in one hospital visit, Smith said.

"It's a win for the patients," he said. "Sometimes dental problems are overlooked by the patient, and we as a department strive to provide help to those in need."

## A Day of Appreciation

Upstate has set aside **Oct. 26** as **Resident and Fellow Appreciation Day**, in recognition of our 480 residents and fellows and the exceptional service they provide to the Upstate community.

Residents and fellows can enjoy bagels and juice from 7 to 10:45 a.m. in Café 750 at University Hospital, followed by a cake-cutting ceremony at 11 a.m. Cake will be served until 5 p.m. and residents and fellows each will receive a token of appreciation.

Resident and Fellow Appreciation Day is presented by the Office of Graduate Medical Education; the President's Office; the Dean's Office of the College of Medicine; and Upstate University Hospital.

## Save the Date

Sara Grethlein MD (Associate Dean of Graduate Medical Education) and Steven Goodman PhD (Vice President for Research/Dean, College of Graduate Studies) invite you to celebrate the research accomplishments of SUNY Upstate's residents, fellows and postdocs at the inaugural **Beyond the Doctorate Research Day (Postdocs, Residents and Fellows), March 3, 2011**. The day will include a keynote speaker, oral platform presentations and a poster session by residents, fellows and postdocs.

A call for abstracts will be sent in November. For more information, contact Bill Shepard in the Office of Postdoctoral Affairs at 464-4542 or shepardw@upstate.edu.

## Psychiatry Fellow Honored for Paper



Susan Chlebowski MD

Susan Chlebowski MD, SPGY-7 in Psychiatry & Behavioral Sciences, recently won the 2010 Anne Alonso Memorial Award for the best unpublished paper in psychotherapy written by a resident.

At the time, she was a Fellow in the Child and Adolescent Psychiatry Program. The award is sponsored by the American Association of Directors of Psychiatric Residency Training and the Endowment for the Advancement of Psychotherapy.

Dr. Chlebowski's paper is titled, "The Borderline Mother and Child: A Couple at Risk." The paper describes how children of women diagnosed with borderline personality disorder are at risk for developing the disorder.

Mothers with this personality disorder have been found to have difficulties bonding with their child, and may require interventions to prevent problems in the mother-child relationship.

The National Institute of Mental Health defines borderline personality disorder (BPD) as a serious mental illness characterized by instability in moods, relationships, self-image and behavior.

Dr. Chlebowski strongly recommends that pediatricians, primary care providers and obstetricians, in addition to psychiatrists, assess all mothers and pregnant women for problems adjusting to the maternal role. "Any woman with a traumatic or difficult childhood may have difficulties assuming the role of motherhood," she said.

Dr. Chlebowski is now a fellow in the Forensic Psychiatry Program.

## Engaging Excellence

A message from Upstate President David R Smith MD



Dr. Smith

At Upstate we pride ourselves on the fact that our faculty, staff and students are continuously engaged in excellence to advance our education, research, and clinical missions.

To that end, I commissioned multi-disciplinary, cross-functional teams (members include residents and fellows) to assess and recommend improvements to the resident/fellow experience at Upstate.

Our goal is to create an outstanding Graduate Medical Education program enhanced by our faculty and staff who are committed to helping our residents and fellows become skilled physicians. Upstate strives to create a best-in-class resident/fellow experience

that is known for its reputation and excellence.

The structure for the Resident/Fellow Engaging Excellence process includes a steering committee and three teams that will focus on key aspects of the resident/fellow experience:

- Life and Wellness
- Embracing Quality
- Enhancing Education

The steering committee and the teams will create a collaborative partnership. They will conduct research and share knowledge, information and insights with regard to Upstate University Hospital's clinical model for delivery of care and operations. A major focus will be the impact and improvement of the residents' and fellows' educational, clinical, and life experiences while at UH.

# UPSTATE

MEDICAL UNIVERSITY

Office of Graduate Medical Education  
750 East Adams Street  
Syracuse, NY 13210

## Professionalism Award

continued from front page

### Swati Mehta MD, Medicine

“She seeks out information and keeps abreast of current treatments, and as such I would want her to take care of me and my family. She is an excellent physician and role model.”

— Patricia L. Knox MSN FNP

### Asalim Thabet MD, Pediatrics

“As a first year she has been willing to listen and to learn, and has in many difficult situations been hands-on and helpful to staff. Additionally she is kind, concerned and considerate to the patients and families.”

— Detria Watson RN

### Haider Khadim MD, Hematology/Oncology

“He is knowledgeable, wonderful with patients and treats nursing staff with respect. He is a pleasure to have on our unit.”

— Marcia Briggs RN

### Rawad El Ghouli MD, Medicine

“He has a wonderful rapport with his patients. He takes the proper amount of time with each of his patients while they are here in clinic, as well as calling them with abnormal labs, x-rays or med changes.... He is always professional.”

— Margaret Ganey RN-C

## Here are the winners in the other categories at the GME Awards:

### Teamwork:

Nicholas Yerkes MD, Surgery  
Dinesh John MD, Medicine  
Katherine Walia MD, Psychiatry  
Robert Kallinicos MD, Psychiatry  
Eva Theodosiadis MD, Psychiatry

### Research:

Lisa Francis MD, Medicine-Rheumatology

### Teaching:

James Demer MD, Psychiatry Child and Adolescent

## Team-Building Exercise



Upstate Psychiatry & Behavioral Sciences residents Elisha Greggo, Shilpa Sachdeva and Kim Duque (on the platform) assist residents Katherine Walia (far left) and Allison Werner (foreground) in negotiating a ropes task at Cornell University's Hoffman Challenge Course.

Residents in the Department of Psychiatry & Behavioral Sciences traveled to the Hoffman Challenge course at Cornell University's Team & Leadership Center as a part of their semi-annual residents' retreat.

Shilpa Sachdeva MD, PGY-4 and a co-chief resident, said the group spent the day in a variety of team-building activities — climbing, jump-

ing, controlled falls — in which relying on others was essential to success.

One participant overcame a fear of heights during the exercises, Sachdeva said. “She didn't want to go at first, but by the end of the day she was heroic enough, with the support of the whole team, to be able to climb up and do a task,” she said.