

Resident Report

A NEWSLETTER FOR SUNY UPSTATE MEDICAL UNIVERSITY RESIDENTS AND FELLOWS | SPRING 2012

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

iPads In Hand, Data at Fingertips

Dr. David Padalino, a medical resident and assistant clinical instructor in neurosurgery, spearheaded the Resident iPad pilot program, which began in February and will continue into summer.

Beyond the Doctorate Research Day



Fifty-five residents are using iPads to look at images, examine records and place orders for medication.

With an iPad in hand, residents don't have to walk to an available desktop computer and sign on, Padalino said.

"I've shown patients images at the bedside, and it makes them feel like they're part of the process," Padalino said. "It's engaging the patient and engaging learning in the clinical field. It's an all-around push into the 21st century."

(See center spread for more Engaging Excellence initiatives.)

The Future of Medicine on Display

The month of March kicked off at Upstate with the second annual "Beyond the Doctorate Research Day (Postdocs, Residents and Fellows)," an event that put "the future of medicine on display."

The Office of Postdoctoral Affairs and the Office of Graduate Medical Education set aside March 1 to celebrate the research accomplishments of our postdoctoral appointees, residents and fellows.

"The day not only showcases for our own faculty and researchers the cutting-edge investigations being undertaken by our residents and fellows, but also provides a preview of the research that will ultimately change the way that care is delivered," said William Grant, EdD, associate dean of Graduate Medical Education.

"Our first consideration is always 'How can we provide medical care that reduces unnecessary testing, medications and invasive procedures while providing improved diagnostic and treatment options?'" Grant said. "The future of medicine is clearly on display here."

The event featured oral platform presentations by nine of our postdocs, residents and fellows, followed by a poster session showcasing additional research.

Cash awards of \$500 from the office of the Dean of the College of Medicine were given to Dr. Divey Manocha for best oral

presentation, and to Dr. Michael Fikhman for best poster presentation. Manocha is a resident in the Department of Medicine and Fikhman is a PGY-1 in the Department of Ophthalmology.

The keynote speaker was Jinming Gao, PhD, Professor of Oncology and Pharmacology, Simmons Comprehensive Cancer Center, University of Texas Southwestern Medical Center.

Planning for the 2013 event has already begun.

see more photos on page 7

Above: **Dr. Michael Fikhman**, Department of Ophthalmology, discusses his research project with MD/PhD student Adeseye Adekeye during the poster presentation. Fikhman's research using 26 human donor eyes has implications for surgical intervention in glaucoma patients.



Left: **Dr. Margaret Riordan**, Department of Neurosurgery, gives her platform presentation on the effects of stannous chloride on vasospasm and injury markers after subarachnoid hemorrhage (SAH) in a rat model. Her study indicated stannous chloride is effective in reducing vasospasm and tissue injury, warranting further study as there are no effective treatments for SAH in humans.

Match Program Undergoes Transition



William Grant, EdD

As of this writing we recently completed Match week. We are very pleased that all of our open positions are filled with outstanding candidates representing all parts of the country and a wide range of medical schools. This varietal mix will clearly enhance our residency programs.

This was the first year of transition in the residency matching process. This year for the first time, there was no "scramble" for filling open positions. The National Residency Match Program has instituted a SOAP program — the Supplemental Offer and Acceptance Program.

Under SOAP, programs with open positions and unmatched applicants work through the ERAS system to match. Programs and applicants review each other, submit a preference list and then unfilled positions are offered to applicants until all positions are filled or preferences have been exhausted. The process continues each day of Match week. This has been an interesting process for all of us.



The next major change in the Match process will affect the 2013 entering class. The main residency match for 2013 which opens September 1, 2012 will be based on an "all in" model, which will require all participating programs with PGY-1 and PGY-2 positions in advanced programs to only initially select applicants through the matching process. There will no longer be exemptions, which allowed some programs to take some applicants outside of the matching process. This will clearly have implications for the programs as they select interview candidates and as they develop their final Match lists. For the 2013 Match, the SOAP program will continue to operate in the event of unfilled positions.

To all of our program directors, faculty, staff and current residents and fellows: Congratulations on a wonderful and successful Match. We could not have done it without your dedication and support!

ACGME: New Accreditation System

In other news the accreditation body (ACGME) for residency programs has announced a change in the review process for residency programs. Under the new process, programs will be required to implement ongoing evaluation and reporting systems, formally monitor resident progress in their programs and undertake ongoing program reviews.

The GME office will be required to increase its program monitoring activities. One of the most significant changes will be the change in site visit frequency. Programs which are in general compliance will only undergo in-person site visits about once each 10 years rather than having visit intervals which may range from 2 to 5 years. The GME office will be working with programs over the next 16 months to prepare for the implementation of the first set of new monitoring requirements, which will occur in July 2013.

William Grant, EdD
Associate Dean of Graduate
Medical Education

Alumni Corner



Ismatun Swati

Former Upstate fellow **Dr. Ismatun Swati** was honored by the American Society of Cytopathology for her research presentation at the society's 59th annual scientific meeting in Baltimore.

Swati received a Warren R. Lang, MD Resident Physician Award for the best scientific paper in cytology at a poster or platform session.

Swati, a cytopathology fellow at Upstate in 2010-2011, delivered a platform presentation, "Accuracy of Cytology Specimen and Needle Core Biopsies for Detection of KRAS Mutation in Non-Small Cell Carcinoma (NSCLC): Comparison with Resection Specimen."

The Lang Award is presented annually to recognize a resident or fellow in an approved training program who submits the best scientific paper in cytology during the ASC Annual Scientific Meeting.



Scott Albert

Dr. Scott Albert a former general surgery resident at Upstate, began a fellowship in surgical oncology last summer at the Arthur G. James Cancer Hospital at Ohio State University.

In June, he will present at Grand Rounds there on the need for the Multi-disciplinary Tumor Board to conduct reviews of complicated cases to ensure the best possible treatment.

Abstract Accepted



Mohsena Amin

Dr. Mohsena Amin, a first-year fellow in infectious disease, has had a poster accepted by the American Society for Microbiology for the ASM 2012 general meeting in San Francisco in June.

Dr. Amin's abstract is "Cardibacterium hominis endocarditis of bioprosthetic pulmonic valve in a patient having undergone the Ross procedure."

Engaging Excellence Resident Breakfast

Excerpts from President David R. Smith, MD—

“Residents and fellows are vital to our mission and to the quality of the patient care that we deliver. It is important that we pay attention to their education, training and quality of life.”

“We have many aspirations for our residents and fellows. We have aspirations that they’ll stay and become part of the faculty.”

ON DR. DAVID PADALINO AND HIS IPAD INITIATIVE:

“His leadership really did make a difference. It’s important to get that kind of senior leadership from within.”



William Grant, EdD, associate dean of Graduate Medical Education, gave a brief overview of the Engaging Excellence for Medical Residents initiative and its three components – Quality, Education and Life/Wellness.

- Dr. Louise Prince, MD, has been named Quality Director, and will meet with Dr. Grant on quality initiatives at Upstate. The involvement of residents in quality issues is a national priority and Upstate is working to stay ahead of the curve.
- Upstate is working with the residents and securing their direct involvement in responding to upcoming changes in the review process by ACGME, the accreditation body for residency programs.

- The 55 medical residents in the iPad pilot program are being surveyed about the usefulness of the devices and are being asked for suggestions on applications that could be added.

- The designated workout room and lounge on the seventh floor of Upstate University Hospital are open around the clock, offering a more convenient location for residents and fellows.

“The residents are very appreciative of the clear commitment from the institution to address these and other issues,” Dr. Grant said of the Engaging Excellence initiatives. “They’re not usually effusive, but I know they are appreciative.”



Dr. Brian Tran and Dr. Lina Hajar, first-year residents in Pediatrics, chat with Dr. David Smith, MD, Upstate’s president, during the Engaging Excellence breakfast.



Zachary Williamson, who graduates from Upstate’s College of Medicine in May, will stay at Upstate for his residency in internal medicine.

Residents and Fellows
Lounge
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Working Lounge

The Residents and Fellows Lounge in Upstate University Hospital is a welcoming space for a little "down time." The designated space on the seventh floor has computer terminals along with a couch, television, microwave, refrigerator and a clothes washer.

At left are Maheshwaran Sivarajah, PGY-2 Surgery, and Lindsay Sobin, PGY-2 Otolaryngology. The renovated lounge resulted from an Engaging Excellence initiative and the efforts of the Life and Wellness Committee.



Quality Teamwork

Medical residents are integral to the teamwork that ensures the high quality of healthcare at Upstate's hospitals. Residents often cite the sense of support and unity they find at Upstate.

Internal Medicine residents Arundeeep Kahlon, PGY-1, and Amit Nat, PGY-1, consult with Crystal Marshall, RN, on the 6K observation unit in Upstate University Hospital.



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iPad Pilot

David Padalino, PGY-7 and an assistant clinical instructor in neurosurgery, spearheaded Upstate's iPad pilot program for residents. Fifty-five residents are using iPads to look at images, examine records and place orders for medication.

"We've taken the information that used to be in folders and cabinets, and we have access to all of it at the touch of a finger," said Padalino, showing colleagues an image on an iPad at right. "It's all mobile, all the time."

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State University of New York



Workout Room

Upstate's medical residents and fellows have a place of their own to work out — a renovated exercise room on the seventh floor of Upstate University Hospital. It's open 24 hours and features four exercise bikes, an elliptical machine, treadmill, televisions, free weights and bench.

At left are Landon Jones, an Emergency Department fellow and Katie Nacca, PGY-2 Emergency Department. The workout room resulted from an Engaging Excellence initiative and the efforts of the Life and Wellness Committee.



A Grateful Patient Praises 'Special' Fellow

Dr. Ajeet Gajra, Hematology/Oncology fellowship program director at Upstate, received a letter from a patient praising **Dr. Anurag Singh**, a second-year fellow who completed his residency at Upstate in 2010. Here's an excerpt from the letter from Vin and Marilyn Maneen of Frankfort, NY.

“We first met Dr. Singh in May 2011 when I was admitted with catastrophic antiphospholipid antibody syndrome. We were overwhelmed and scared. Every day we were visited by at least four different specialists and their residents, and received many opinions on my condition and the associated treatment.

Dr. Seth was my attending physician and did an excellent job with my care, but Dr. Singh was able to help us understand all of the options and led us through this very scary journey. He visited us every day and made me feel very safe and helped us with the decisions that saved my life. Dr. Singh not only took care of me, “the patient,” he took care of my family. He made time to explain to my wife what was going on with my care. He took time out of his very hectic life to walk my daughter to the exit and explain what was going on with her dad.

I am now being seen on a monthly basis at the ROC and pray that I remain stable. Dr. Singh again takes time at the end of his long day to call me with my lab results. I have worked in the health care field for over 30 years and have dealt with many physicians, and I can truly say that Dr. Singh has a special gift. I hope and pray that Dr. Singh never leaves the ROC and is my physician for as long as I need his care, because he truly is special and provides exceptional care all of the time.”



Dr. Anurag Singh and patient Vin Maneen.

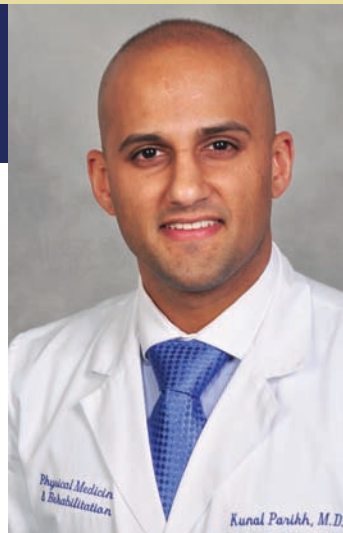


Financial Planning for Residents

The Onondaga County Medical Society presents a “Lunch and Learn” financial planning session May 23, featuring speakers from the AXA Financial Advisory Group.

The session runs noon to 1 p.m. May 23 in Weiskotten Hall, Room 2231. Topics to be covered include:

- Financial planning – things to think about; getting your finances in order; defining priorities.
- Investing – retirement planning and general investment strategies.
- Insurance – life insurance and disability insurance.



Appointment

Dr. Kunal Parikh, a resident in Physical Medicine and Rehabilitation, has been elected to the Executive Council of the Onondaga County Medical Society, and serves as the resident representative.

The Medical Society promotes quality health care by working for patients, physicians and the community, and advocates on behalf of physicians and their patients on health care policy matters. Its executive council meets six times a year.

Beyond the Doctorate Research Day



Above: **Dr. Sonja Gill** discusses her research poster with Jay Reeder, PhD, assistant professor of pharmacology and assistant professor of urology. Dr. Gill's poster described a case of "cotton fever" in a drug user who injected heroin after straining it through a used cotton ball. "Cotton fever" is a transient illness, but individuals often go through extensive workups to rule out more serious causes of the fever and tachycardia. Recognition of the illness can avoid costly procedures and lengthy hospital stays.

Right: **Dr. Nicholas Nacca**, Department of Emergency Medicine, gives his platform presentation on the use of an online computer-based Advanced Cardiac Life Support simulator as an adjunctive teaching tool. In his randomized trial, third-year medical students who used the simulator in addition to mannequin-based training outperformed students who didn't use the online tool.



Left: **Dr. Manika Suryadevara**, Department of Pediatrics, during her platform presentation on a study of respiratory viruses in 42 children admitted to Upstate Golisano Children's Hospital. Her research concluded that respiratory viruses are frequently detected from the nasopharynx of febrile neutropenic patients with negative bacterial cultures.



Geneva Tower Residence Opens This Summer

Looking for housing in Syracuse for 2012-13? Upstate's Geneva Tower opens Aug. 1 to students and medical residents. Anyone who signs a lease for 2012-13 will be eligible for free summer housing in Clark Tower or a local hotel, depending on availability.

Geneva Tower units are fully furnished, and include dishwashers and flat-screen televisions. Cable, internet and intranet are included. Call Residence Life at 464-5106.



Geneva Tower

Radium Society Features Two Upstate Residents

Two Radiation Oncology residents gave oral presentations on their research at the 94th annual meeting of the American Radium Society this spring in Las Vegas, Nev.

Dr. Paul Aridgides, PGY-4 — "Treatment of Large (>10cm³), Intracranial Meningiomas with Gamma Knife Radiosurgery is Effective, but Associated with Increased Risk of Morbidity."

Dr. Varun Chowdhry, PGY-3 — "Gliomatosis Cerebri: Treatment Outcomes and Patterns of Failure."

Dr. Chowdhry also presented a poster, "Treatment Patterns in Long Term Survivors of Non-Small Cell Lung Cancer Presenting with Brain Metastasis."

Resident Highlights

Dr. Fatoumata Kromah, PGY-4, has been elected secretary-treasurer of the New York State Society of Anesthesiologists. Past NYSSA officers from Upstate include presidents Drs. Michelle Gibbons, Donna Ann Thomas, William Duggan, and Binit Shah.

Dr. Aamer Imdad, PL-1 in pediatrics, presented his research on the variations in vaccination exemptions at the New York Academy of Medicine's Pediatric Trainee Night in New York City.

Dr. Taimur Saleem, PGY-1 in general surgery, gave an oral presentation at the New York State Committee on Trauma's Annual Resident Paper Competition in Rochester. Saleem's paper compared patterns of significant trauma from skiing and snowboarding crashes and examined the use of data to help develop injury prevention interventions.

Three residents won "tech-friendly" prizes at **Resident Appreciation Day**, sponsored by the Office of Graduate Medical Education:

Dr. Amit Singla, Neurosurgery — laptop carrier

Dr. Astha Khanna, Pediatrics — USB charger

Dr. Shaifali Sandal, Medicine — external hard drive

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

Renovated Gym and Lounge Open on 7th Floor of Hospital

Upstate's medical residents and fellows have a place of their own to work out ... and then relax, right next door.

A renovated exercise room and adjacent lounge on the seventh floor of Upstate University Hospital are tangible results of an Engaging Excellence initiative and the efforts of the Life and Wellness Committee.

The workout room (UH-7611) is open 24 hours and features four exercise bikes, an elliptical machine, treadmill, televisions, free weights and bench. Next door is a lounge (UH-7610) with a couch, refrigerator and computer stations. Across the hall are shower facilities. Linens are stored in the gym for use in the shower, but users must bring their own toiletries.

Upstate paint shop employees Mr. Ted Spadotto and Mr. Frank Chiarilli renovated the lounge area and workout room. Mr. Spadotto and Mr. Chiarilli went above and beyond in order to make the overall environment more pleasurable for the medical residents and fellows.



Ted Spadotto and Frank Chiarilli

They:

1. Arranged for the floors in each room to be cleaned and polished after they had completed painting.
2. Coordinated removal of boxes from the shower rooms, had the rooms cleaned and the tub repaired.
3. Established communication between Linen Service and the GME Office to provide washcloths and towels for the two shower rooms.
4. Repaired a windowsill in the gym.
5. Helped mark furniture so it would not be moved to another location in University Hospital.

The GME office applauds these two gentlemen for their exemplary efforts on behalf of the medical residents and fellows at Upstate.



This symbol represents **Engaging Excellence**, an initiative to challenge and encourage our employees to create the best workplace possible.