



School of Medicine

Residency Times

Wayne State University - Graduate Medical Education

May, 2018

Volume V, Issue II

FROM YOUR DIO

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At the meeting of the Alliance of Independent Academic Medical Centers, we presented our multi-institutional roll-out of our Resident Wellness Scale. Our award-winning poster detailed how we are sharing our scale electronically with five partnering institutions and using the results to gain insights into how our residents are faring in their well-being during this phase of their professional development.

We were able to show how residents' connection to their work as meaningful and rewarding varies greatly from individual to individual, while residents' self-care and life security varies more from program to program. This evidence will help us shape our interventions for improving the wellness of our trainees and identifying and addressing issues before they become problems.

Remember that as Wayne State residents, you have 24/7 access to employee assistance to help you with work/life balance, physical and emotional health, financial counseling, and stress management.

Tsveti Markova, MD, FAAFP

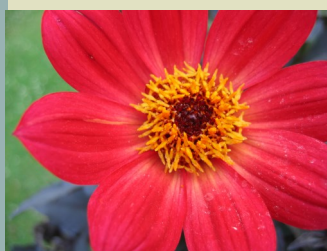


Resident Council President Message

President, Alicja Sobilo, MD, Vice President, Jacob Salman, MD, and

As the last couple months of the academic year approach, the Resident council is wrapping up the year with various projects at full speed. The Developing Active Resident Teachers initiative continues to motivate residents to teach students and attendings alike; the active workshop session will again be offered during the new academic year, which is a part of the requirements to receive a DART certificate. A myriad of wellness projects have been initiated and we are excited to see the results! We hope to continue to encourage resident wellness may it be physical well-being, mental health or educational needs. Goals for next year also include becoming more involved in the immediate community as well as working more closely with the medical students affiliated with our respective residency programs. In the midst of this evolution we also just had a newly elected executive board on May 8, 2018. Please welcome the new President: Jacob Salman, MD (PGY-3 Internal Medicine), Vice President: Vera Pochtarev, MD (PGY-2 Internal Medicine), Communications Officer: Lilia Peress, MD (PGY-3 Family Medicine) and Research Chief Liaison: Firas Ido, MD (PGY-3). We welcome all residents to participate in the Resident Council meetings and we congratulate all of the members who have been active Representatives this year!

Alicja Sobilo, M.D.



Quote of the Month

The capacity to learn
is a gift;
the ability to learn
is a skill;
the willingness to learn
is a choice.

~Brian Herbert



Upcoming Important Dates:

- **May 22, 2018**
GMEC Meeting
Troy - Board Room
6:00 - 8:00 p.m.
- **June 19, 2018**
Program
Coordinator's
Meeting
8:45 - 11 a.m.
Scott Hall - TBD
- **June 15, 2018**
GME CLER Council
Meeting , CHMC
12:30 - 2:00 p.m.
- **June 26, 2018**
New Resident
Orientation -
Margherio,
9 - 3:45 p.m.
- **June 26, 2018**
Resident Welcome
Reception - Traffic
Jam & Snug
4:00 - 6:00 p.m.

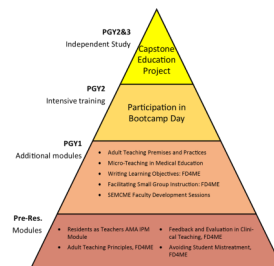
To submit an article, picture,
quote, etc., please email:
nkramer@med.wayne.edu

ADMIN. UPDATES

D.A.R.T. (Developing Active Resident Teachers) - Congratulations to our four DART certificate awardees for 2017-2018! Their valuable contributions to their programs' curriculum and assessment tools will leave a lasting impact on Wayne State's residency programs and we are grateful for their hard work. Drs. Sobilo and Salman outlined strategies to help residents pass the USMLE Step 3. Dr. Pochtarev created a novel patient evaluation system for residents. Dr. Kasprzak created an annotated presentation on neurochemical pathways in the brain. Congrats to all!

GME Seed Grant Award - Dr. Fatima Fahs (PGY-2, Dermatology) was awarded a GME Seed Grant in the amount of \$1750 for her project, "Topical 5% Tranexamic Acid as a Treatment for Post-inflammatory Hyperpigmentation due to Acne Vulgaris" Congratulations, Dr. Fahs!

New Resident Orientation - The new resident orientation will take place at the Margherio Conference Center located at Scott Hall on Tuesday, June 26, 2018 from 9 am - 4 pm. After the orientation we will have a welcome reception at the Traffic Jam and Snug as an opportunity for current residents to meet the new residents. The gathering will start at 4:00 p.m. and all current residents are invited to attend. There will also be a presentation at the orientation from 3:15 - 4 pm entitled "Financial Preparedness" from the American Medical Association that ALL residents are welcome to attend.



Wellness Warriors Information

Wellness Warrior 2018 Enrollment Steps: Contact us at wellness@wayne.edu. You will be given the steps to complete the HRA online and make an appointment for a biometric health screening with University Pharmacy. Enrollment in the program needs to be done every year.

NEW THIS YEAR! The Physician Qualification Form (PQF) Did you visit your doctor after July 2017 or 2018 for an annual physical? As an alternative to the onsite health screen, you may use the results from your annual physical. Submit the PQF to bypass the enrollment biometric health screening!

WSU Farmer's Market – June 6 through October 31, 2018 from 10:00 am – 3:00 pm on the corner of Woodward and Warren. Each market day, the first 100 Faculty/Staff to show their OneCard gets \$5 free to spend, sponsored by the WSU Wellness Warriors. 30 minute Wellness Walks starting and ending at the Farmer's Market. Times will be posted soon.

Refreshing Water Recipes:

After adding the ingredients to a glass jar or pitcher, let it sit for 3–5 hours or overnight. Add ice to and enjoy.

- A handful of mint leaves, 2 cups of cubed watermelon and wedges from 1 lime
- Wedges from 1 lemon and 1 cucumber sliced
- Lemon juice from 1 lemon, 2 tablespoons of pure maple syrup and 1/8 teaspoon of cayenne pepper
- 1 cup of sliced strawberries, 2 cups of cubed watermelon and 2 sprigs of fresh rosemary
- 2 tablespoons of apple cider vinegar, lemon juice from 1/2 a lemon, a teaspoon of cinnamon and slices from 1/2 an apple
- Lemon juice from 1 lemon and 3 tablespoons of aloe vera gel
- Lemon juice from 1/2 a lemon and 1/2 inch knob of fresh ginger root, grated





Research News

Quality Improvement Day at Ascension Crittenton – The 7th Annual QI Day at Crittenton took place on May 15. Residents from the Family Medicine, Internal Medicine and Transitional Year Programs presented 16 slide presentations and 20 posters describing the progress and results of QI projects they participated in during the academic year. Faculty experts from several area hospitals served as judges. Prizes were awarded for the top three slide presentations.

Congratulations and well done to all participants and winners!

(QI Winners pictured to the left)

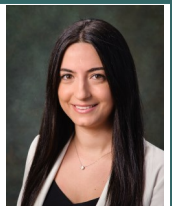


1st Place	<i>Alicja Sobilo, MD (Internal Medicine, PGY-3)*</i> <i>Jacob Salman, MD (Internal Medicine, PGY-2)</i> <i>Daymon Peterson, MD (Internal Medicine, PGY-1)</i>	Inappropriate Use of IV Anti-Hypertensives
2nd Place	<i>Usha Abbineni, MD (Internal Medicine, PGY-2)*</i> <i>Ankita Gandhi, MD (Internal Medicine, PGY-1)</i> <i>Israa Ali, MD (Internal Medicine, PGY-3)</i> <i>Hashim Alwash, MD (Internal Medicine, PGY-3)</i>	Decreasing Inappropriate Use of IV Levofloxacin
3rd Place	<i>Baha El Khatib, MD (Transitional Year, PGY-1)*</i> <i>Katy Kirby, DO (Transitional Year, PGY-1)</i> <i>Lauren Traill, MD (Transitional Year, PGY-1)</i> <i>Christian Mehregan, MD (Transitional Year, PGY-1)</i> <i>Michael Gemayel, MD (Transitional Year, PGY-1)</i>	Increasing the Compliance of Intake and Output Documentation in Patients with Acute Decompensated Heart Failure



Program News

Internal Medicine - Dr. Sana Chams, PGY2 Resident, submitted a Quality Improvement project titled "Successful Utilization of Informational Technology to Limit Inappropriate use of Proton Pump Inhibitor" for the national abstract competition at the Internal Medicine National ACP that was held in New Orleans on April 19—21. This abstract was selected for podium presentation and it was among the top 20 abstracts selected as winners in the 2018 National Abstract Competitions!! Great Job Dr. Chams!!



Anesthesiology - Congratulations to all the Resident projects presented at the April 2018 Midwest Anesthesia Resident's Conference at the Hyatt Regency in Cleveland, April 13 - 15. Congratulations to Dr. Carter Battista who won a first place prize for his case report presentation!! Way to go!!

Carter Battista, DO - Case Report: Delayed Hemothorax with cardiac arrest during anesthetic induction from multiple rib fractures after minor blunt trauma.

Eric Diaz, MD - Cement extravasation into the azygous vein at the junction of the inferior and superior vena cava during kyphoplasty

Christopher John, MD - Asymptomatic ruptured first and second order chordae tendineae after myocardial infarction

Spurthy Narreddy, MD - Profound bradycardia after spinal anesthesia: beyond high spinal

Vennela Reddy, MD - Post-dural puncture headache with continued delayed positional headache after epidural blood patch.



To submit an article, picture, quote, etc., please email:
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[GME Website Resident Benefits](#)

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Announcements

2018 Graduating Residents - Congratulations!! The GME office was very happy to be a part of your educational journey!!

Anesthesiology:

Desiree Aird, MD
David Bracho, DO
Philip Dela Merced, MD
Nakul Kumar, MD
Nishankumar Patel, MD

Dermatology:

Katherine Fontichiaro, MD
Elena Hadjicharalambous, MD
Douglas Piernick, MD

Family Medicine:

MinhChau Ha, MD
Eleanor King, MD
Nicole Lopez, MD
Mitul Mehta, MD
Ashley Tabi, MD
Joseph Thomas, MD

Internal Medicine:

Mohammad Al-Fityan, MD
Omar Al-Hourani, MD
Israa Ali, MD
Muhammad Ali, MD
Hashim Alwash, MD
Amanda Brannick, MD
Jenil Gandhi, MD
Faris Hannoodi, MD
Marwah Hussein, MD
Noor Naji, MD
Kushal Shah, MD
Alicja Sobilo, MD
Nisha Yashpal, MD

Ophthalmic Plastic and Reconstructive Surgery:

Kathryn Winkler, MD

Otolaryngology:

Dennis Bojrab II, MD
Amar Gupta, MD
Andrew Johnson, MD
Peter Svider, MD

Physical Medicine & Rehabilitation:

Braden Boji, MD
Adil Hussain, MD
Arun Idiculla, MD
Paul Yoo, DO

Brain Injury Medicine:

Michael Kasprzak, DO

Transitional Year:

Frank Barrack, MD
Ryan Brothers, DO
Baha El Khatib, MD
Tricia Fernandez, MD
Michael Gemayel, MD
Reema Habra, MD
Tomas Huerta, MD
Christopher Kassab, MD
Peter Khoury, DO
Mary Kirby, DO
Kevin Lay, MD
Christian Mehregan, MD
Brett Neill, MD
Kristin Totoraitis, MD
Lauren Traill, MD

Urology:

Priyanka Arshanapalli, MD
Kahlil Saad, MD



Protein Shake

- 1 C. frozen blueberries
- 2 Tbs. almond butter
- 2 Tbs. pumpkin seeds
- 2 Tbs. chia seeds
- 2 Tbs. hemp seeds
- 4 raw walnuts
- 4 raw Brazil nuts
- 1/2 avocado
- 1 Tbs. coconut oil
- 1 C. unsweetened almond milk
- 1 C. water

Combine all ingredients in a blender. Cover with lid. Blend on high speed until smooth.

Makes 2 servings



The Third Annual Central Michigan University College of Medicine Residency Fair was held at CMU Saginaw Education Building on Friday, April 13 from 2:00 - 5:00 p.m. Thanks to everyone who participated!!

