

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

## Peds Resident Responds to Need in Liberia

Pediatrics resident **Saadiya Khan MD** said she went through every possible emotion during her four weeks in Africa, working at John F. Kennedy Medical Center in the capital city of Monrovia, Liberia.

“Each and every feeling I’ve ever had in my life — so many emotions,” said Khan, a PGY-3 who finishes her residency in June. “It was humbling, a source of joy, a source of sadness and depression. On the whole, it was very positive and it made me stronger.”

At JFK Medical Center, Khan was part of a rotating team of physicians from the United States, including Upstate pediatricians Bradley Olson MD and Steven Blatt MD.

She returned in early March, further resolved to pursue her career goal of working in pediatric hematology-oncology in a medically underserved area.

In Liberia, Khan relied heavily on her mantra, a quote from Brazilian poet Paulo Coelho: “And, when you want something, all the universe conspires in helping you to achieve it.”

Normally soft-spoken and non-confrontational, Khan said there were situations in Liberia that required her to take swift and decisive action — or at the very least, to be blunt: “This is what I need and you have to help me out,” Khan said, quoting herself. “And they actually did!”

One of her patients, a 5-year-old girl with swelling on her brain, needed a CT scan, which JFK couldn’t do. Khan made some contacts, and an agency paid to fly the girl to Nigeria for the procedure. “People just chipped in the money,” Khan said. “They come up with the resources. People have an innate wish to help.”



Dr. Saadiya Khan with a 15-year-old patient in the pediatric ward at JFK Medical Center.

The parents of her young patients — most of whom live in a nearby slum — were very appreciative as well, Khan said. The facilities at JFK are spartan at best, crowded and without the proper supplies and equipment. But the staff made do with what they had.

In an e-mail after another day of running the NICU at the hospital, Khan wrote, “It is an honor for us that they come to us for help. We should not take it in a casual manner.”

Khan learned soon enough that she couldn’t do everything, or save every patient, in her four weeks there. “I

wanted to do everything, but it’s not for just one person to do it,” she said.

So Khan did whatever she could. She treated and helped many young patients — she calls them “friends” now when pointing them out in photographs — but there were the inevitable losses. Two premature babies, born at 27 weeks, died.

“There’s a whole lot of emotions you go continued on back page —

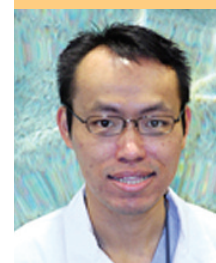
## Cardiology Fellows Speak in New Orleans

**Shilpa Kshatriya, MD,** and **Orson Go, MD,** clinical fellows in internal medicine – cardiology, presented research abstracts this month at the annual conference of the American College of Cardiology in New Orleans.



Kshatriya presented her research on the regulatory role of the hormone leptin in obesity hypertension as well as its

effect on several organ systems, including the heart and kidneys.



Go presented a case study of a rare condition, coronary artery anomaly, which is associated with various cardiac morbid-

ities and presents difficulties during coronary angiography and revascularization.

## Liberia’s Hour of Need

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through,” Khan said. “You have to choose which ones to live by.”

She vows to go back to Liberia when she can. “One month out of a year isn’t that long” to spend on such a mission, she said. Khan will do what she can and hopes others step up as well.

“I am sad, but not discouraged,” Khan said, evaluating her time in Liberia. “There is a beautiful saying amongst the Irish peasantry to inspire hope under adverse circumstances: ‘Remember that the darkest hour of all, is the hour before day.’ I am hoping the best for the children of Liberia as their leaders learn to realize the need of the hour.”



The beginnings of a child-life program at JFK Medical Center.

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Dr. Saadiya Khan checks on a one-month-old child in the NICU.



The renovated pediatric ward at JFK Medical Center.

## Interim Associate Dean a Familiar Presence



William Grant, EdD

As some of you may know I have returned to the Graduate Medical Education office after a hiatus of a few years. While much has remained the same, there have been some significant changes over the years.

The documentation required for program credentialing has undergone significant restructuring and now requires more institutional oversight. Resident work hours and supervision have become a national discussion. There is a movement to graduated duty hours by year of training, such as the new restraints on intern work hours (no more than 16 hours on duty).

Other changes are designed to improve patient care, supervision and resident well-being. There will also be an increased emphasis on resident direct involvement in quality assurance and quality improvement activities. This will include conduct of quality studies and participation on appropriate departmental and institutional committees. Other items in the new ACGME standards, effective July 1, address:

- establishing graduated requirements for minimum time off between scheduled duty periods;
- expanding program and institutional requirements regarding handovers of patient care;
- setting more specific requirements for alertness management and fatigue mitigation strategies designed to ensure both continuity of patient care and resident safety.

Assisting programs in implementing these standards, working with residents and fellows, and assisting faculty as they work to improve the educational experiences for residents and fellows makes this one of the most exciting jobs at Upstate.

In addition to the work in the GME office, I have faculty appointments in Emergency Medicine and in Family Medicine. Shortly after transitioning from the GME office the first time, I moved to Emergency Medicine for my primary responsibilities. In Emergency Medicine I work with faculty and residents to develop and implement their research endeavors; teach in our Evidence-based literature review series; coordinate the Research in Emergency Medicine elective for medical students, and co-direct our international experiences, including an exchange program with China. I also have developed a year-long research methods series for our Fellow programs.

I look forward to working with you in furthering our GME mission.

**William Grant, EdD**  
Associate Dean of Graduate Medical Education

Dr. Grant sits on three editorial boards of journals and conducts statistical reviews for five journals. He is a Fellow of the Royal Statistical Society, a member of the American College of Legal Medicine and holds specialty and profession-specific association memberships. He serves as a faculty mentor through the TEMPO program. Dr. Grant supports Hunters for the Hungry, an organization that distributes venison to charities and homeless shelters.



PHOTO BY DONNA CLAWSON

## The annual Resident and Fellow Appreciation Day featured the traditional offerings of bagels, juice, cake ... and more cake.

Upstate sets aside one day per year to recognize our 480 residents and fellows and the exceptional service they provide, and many departments get into the spirit by providing lunch. Some even provided cake, as seen in this photo from Radiation Oncology featuring residents Varun Chowdhry, Spencer Ashton, Aaron Hicks, Shripal Bhavsar and Paul Aridgides. 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.

## Upstate GME Earns 5-Year Accreditation



Henderson-Kendrick

Last August we underwent our Institutional Site Visit by the Accreditation Council for Graduate Medical Education (ACGME). This was the culmination of months of dedicated preparation by the GME Office, program directors, program coordinators and residents/fellows.

We are pleased to announce that we have received Continued Accreditation for five years, the longest cycle length granted by the ACGME. We were also commended for our demonstration of substantial compliance with the ever-changing ACGME

Institutional requirements.

We did have one citation involving our Internal Review (IR) process, but it was minor and related to the IR written reports. We have already rectified the problem.

Congratulations to all of you for helping us reach this goal!

Again, thank you for your continued hard work in making our GME programs a success!

Sue Henderson-Kendrick  
Director of Graduate Medical Education



## Beyond the Doctorate Research Day

### Research Day Goes Above and 'Beyond'

The Graduate Medical Education Office and the Office of Postdoctoral Affairs at Upstate presented the first "Beyond the Doctorate Research Day (Postdocs, Residents and Fellows)" March 3 in Weiskotten Hall.

The day featured 10 platform presentations, a keynote address and a presentation of two dozen posters by medical residents, fellows and post-docs at Upstate.

"The first 'Beyond the Doctorate' Day was a success, not only in terms of how well attended the presentations were, but for the opportunity it provided the presenters to showcase their valuable research to their peers and to the campus community," said Dr. William Grant, EdD, interim associate dean of GME.

Dr. Grant said that based on how smoothly the day went and the positive feedback he received, "We fully intend to make it an annual event."

Residents and fellows selected for oral platform presentations were:

- **Zurab Davili MD, Urology;** "Five-Year Recurrence Rate of Transitional Cell Carcinoma"

- **Shreyas Roy MD, CM, General Surgery;** "A Novel Intraluminal Mechanism of Necrotizing Enterocolitis"
- **Nick Bennett MB, BChir, PhD, Pediatrics;** "A Prospective Surveillance Study of Nosocomial Viral Infections in Premature Neonates"
- **Manika Suryadevara MD, Pediatrics;** "Etiology of Acute Febrile Respiratory Illness in Hospitalized Children Less than 24 Months of Age"
- **Soma Sanyal MD, Pathology;** "Multi-organ Distribution of Gadolinium in a Case of Nephrogenic Systemic Fibrosis at Autopsy"



Top: Manika Suryadevara MD, Department of Pediatrics infectious disease fellow, gives her platform presentation on the origin of acute febrile respiratory illness in hospitalized children younger than 2 years. The three-year study concluded that *Bordetella pertussis* is not a common co-infecting pathogen in that population.

Above: Shyama Satyan MBBS (PGY-3), Department of Neurology, explains her research poster to Jeremy Shefner MD, PhD, professor and chair of Neurology. Satyan's project explored a case of cerebral mucormycosis, a rare complication of chemotherapy-induced immunosuppression.

Left: Zurab Davili MD (PGY-4), Department of Urology, presented the results of his research on the recurrence of bladder cancer, the fourth-most common malignancy in men and the ninth-most common malignancy in women. Davili's research suggests that patients who receive intravesical therapy are likely to develop more aggressive disease, and should undergo more aggressive treatment sooner.