

Resident Report

A NEWSLETTER FOR SUNY UPSTATE MEDICAL UNIVERSITY RESIDENTS AND FELLOWS | SPRING 2013

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

PM&R Resident Takes Stage with Upstate Vocal Club

Dr. Sravani Mudumbi, center, performed in the Upstate Vocal Music Club's recent benefit, "Heart and Music," in Weiskotten Hall's Medical Alumni Auditorium. Dr. Mudumbi, a third-year resident in Physical Medicine & Rehabilitation, has a background in jazz, but this was her first theatrical experience. After the final performance, she posed with fourth-year Upstate medical students Chas Hannum and Rhonda Diescher.



The group performed original songs as well as numbers from a variety of musicals. The revue was a benefit for the MSGW Foundation, which promotes research into developing vaccines for Eastern Equine Encephalitis, Lyme Disease and the West Nile virus.

Psychiatry Resident and Her Therapy Dog Make the Rounds

The benefits of this particular kind of therapy are immediate and easy to see – smiles, conversation, pleasant memories.

Some day, Dr. Hilary Gamble – a first-year resident in Psychiatry & Behavioral Sciences – hopes to quantify them in a research project, but for now the anecdotal evidence is enough.

Dr. Gamble's three-year-old yellow Lab, Preston, recently was certified as a pet therapy dog and has been making the rounds at the VA Medical Center in Syracuse, and at Sunnyside Care Center in Manlius.

On a recent visit to Sunnyside, which is home to about 80 adults, Preston and five other therapy dogs certified by Sunshine Friends Inc. went room-to-room with their handlers.

Dr. Gamble asked each resident if they'd like to say hi to Preston; most were happy to do so and reached out to pet him. One woman sitting in the community room guessed Preston's age at 7, and remarked that she had once had a yellow Lab named Voodoo.

"Thank you for visiting with him," Dr. Gamble told the woman after a brief conversation. "He knows who the dog people are."

With each Sunnyside resident who wanted to pet Preston, Dr. Gamble held up a treat so that Preston would be near enough to touch. Preston was happy to oblige. "He remembers you, from the look of things," Dr. Gamble told one resident.

"There is something to be said for the soothing nature of petting a warm, soft animal who is there only to bring you joy," she said later.

The visits to Sunnyside are somewhat more subdued than the visits to the VA, Dr. Gamble said. There, some rehabilitating veterans sometimes use a ball to play catch with Preston.



Dr. Hilary Gamble and Preston, her therapy dog, visit with a resident at Sunnyside Care Center in Manlius.

"Switching from my doctor hat to my pet therapy hat is something I feel grateful to be able to do," she said. "Those patients who may have shared a tear with me earlier in the day are laughing and joking as they play fetch with Preston, or maybe they are mesmerized as he flops on their feet for a 10-minute belly rub."

Dr. Gamble eventually would like to incorporate pet therapy into her practice and add to the body of research on the topic.

The literature suggests there are benefits beyond what any pharmaceutical agent may be able to provide, including an increase in cortisol levels and a decrease in symptoms among child trauma victims, she said. Other examples and studies purport benefits for students, people suffering from chronic illnesses, and war veterans.

For more information about therapy dogs in Central New York, check out the Sunshine Friends web site: <http://www.sunshinefriends.org/>



Drs. Emr, Sharma Earn Top Honors at Beyond the Doctorate Research Day

Dr. Bryanna Emr, Surgery, and Dr. Namita Sharma, Medicine, won awards for their research presentations at Upstate's third annual Beyond the Doctorate Research Day last month.

Dr. Emr's work on an innovative ventilator strategy to prevent Acute Respiratory Distress Syndrome won best platform presentation by a resident; Dr. Sharma's study of palliative care services for older adults with advanced cancer won best poster by a resident. The

continued on next page

'All In' Match Process Seems to Have Worked



William Grant, EdD

We have completed our first year with the "all in" Match, in which initial positions all must be filled through the Match process and any open positions through the Supplemental Match. We were able to fill all of our positions and were able to attract 19 medical students from Upstate to continue their medical education in our residency programs here.

As many of you know, programs were uncertain as to how their match process and fill rate would be impacted by the "all in" process. Anecdotally, programs around the country reported interviewing more applicants and ranking more individuals in order to assure themselves of full programs – and it seemed to have worked. Congratulations to all.

Budgets, the sequester, ACA and other realities

The second big issue we are dealing with right now is the national and state budget reforms and limitations. Already hospitals and programs are immediately experiencing a 2% loss in federal support. With sequestering not even in full swing, we will see additional limitations that will affect both the hospital and our Graduate Medical Education programs.

The impact of the Affordable Health Care Act has yet to be determined as many of its provisions are being discussed with vigor at the Congressional level, mostly now as subcommittee reports. Few of the

issues have yet been moved out to the committee level but this is likely to change over the next few months. This, of course, will be complicated in 2014 with congressional mid-term elections. It will be interesting times for the next few years.

New accreditation system about to begin

Finally, the ACGME Phase I programs including: Emergency Medicine, Internal Medicine, Pediatrics, Neurological Surgery, Orthopaedic Surgery, Diagnostic Radiology, Urology and their subspecialties will begin using the new accreditation system from the ACGME beginning July 1, 2013. (All others begin July 1, 2014.)

The new process will include increased emphasis on semiannual resident progress assessment through assessment of performance Milestones, intensive involvement of residents in patient safety and quality assurance initiatives, and increased surveillance of resident teaching skills in their involvement in the education of medical students. The GME office will be involved in semiannual assessments of each program's progress toward compliance in meeting these new goals.

Thanks to all residents, program directors and staff who assisted directly and indirectly in the recent visit by the LCME to the medical school. Our combined efforts are likely to lead to an outstanding review.

William Grant, EdD

Associate Dean of Graduate Medical Education

Anesthesiology Resident Featured in National Newsletter

Dr. Kathryn Rosenblatt, Anesthesiology, is featured in the winter issue of SNACC News, the newsletter of the Society for Neuroscience in Anesthesiology and Critical Care.

She is interviewed by newsletter editor Dr. Reza Gorji, professor of anesthesiology and division chief of neuroanesthesia at Upstate. Below is an excerpt from Dr. Rosenblatt. The entire two-page interview can be found under "Publications" at <http://www.snacc.org/>

"I found a common term used in its many forms by my attendings during almost all cases. This word was 'art,' and there is certainly an art required to care for patients during brain and spine surgery.

"Like painting a perfect picture or composing a symphony, anesthesiologists make small adjustments and maintain delicate balances with tight control over many factors during these special procedures. Pardon this pun, but the right brains of anesthesiologists must be just as active and developed as their left brains to be skilled and artful. And this blend requires a different breed of doctor."



Beyond the Doctorate Research Day



Dr. Bryanna Emr

continued from cover

Office of Postdoctoral Affairs will name award winners among post-docs this month.

The day was presented by Upstate's Office of Graduate Medical Education and the Office of Postdoctoral Affairs in the College of Graduate Studies.

"We sometimes do not recognize the tremendous contributions that our research fellows and medical residents and fellows provide to help push the bounds of medical knowledge," said William Grant, EdD, Upstate's associate dean of Graduate Medical Education. "This event highlights the breadth and depth of cutting-edge research that is being undertaken by the next generation of medical investigators."

Five medical residents and three post-docs presented their research. The five residents were Amritpal Nat (Internal Medicine); Omar Mousa (Internal Medicine); Viren Kaul (Internal Medicine); Bryanna Emr (General Surgery); Aamer Imdad (Pediatrics).

The three post-docs were Dongqing Yan, PhD (Pharmacology); Mehdi Najafi, MD, PhD (Ophthalmology), and Rebecca Oot, PhD (Biochemistry and Molecular Biology).

A poster session highlighting an additional 29 research investigations by young investigators rounded out the day's presentations.

The keynote address was given by Yupo Ma, MD, PhD, nationally known for his research on leukemia and for developing a technique for clinical therapies, including bone marrow transplantation. Ma is a board certified hematopathologist, professor and medical director of the Flow Laboratory in the Department of Pathology at Stony Brook University Medical Center.

Upstate Residents Have Help With Research Projects at VA

The way Dr. Changwan (Wonnie) Ryu and Dr. John Ulahannan see it, a resident-driven Quality Improvement research project at the VA Medical Center makes sense on many levels.

At any given time, more than 90 medical residents from Upstate are working at the VA next to campus, fulfilling their rotation requirements. Many of them may have an idea for a research project related to patient safety or quality improvement, but need help carrying it out.

As the Syracuse VA's Quality Chief since last summer, Dr. Ryu is working with Dr. Ulahannan – a chief resident in Internal Medicine at Upstate – on a resident council designed to help residents turn ideas into reality.

"It's less intimidating coming to your peers," Dr. Ulahannan said. "You're basically asking your friends for help."

"We know how hospitals work more than anything in the world," said Dr. Ryu, who was an Internal Medicine resident in Dallas last year. "We get it."

VA Medical Centers nationwide have run Quality Improvement programs for a few years, Dr. Ryu said, and the idea for a resident-led QI council here came from Upstate's Graduate Medical Education office.

"This initiative specifically taps into the activities of our residents who, under supervision of their attendings, provide extensive patient care and are therefore on the front lines of identifying issues which may have direct implications for patient safety and outcomes," said William Grant, EdD, associate dean of Graduate Medical Education. "Often the residents are able to 'see things before



Dr. Ryu and Dr. Ulahannan

they happen' and can provide guidance on addressing important quality conditions."

GME director Sue Henderson-Kendrick said the initiative also gives residents an opportunity to share their research ideas, connect with mentors for help and then try to get their research published.

The ideas are the easy part, said Dr. Ulahannan. "Six of us sat around one day and in 20 minutes, three possible projects came up," he said.

"The data collection is intimidating, but the data's there," said Dr. Ryu. "The residents just need some guidance writing it. A project can be completed during the term of an Internal Medicine residency."

One research project already underway at the VA, spearheaded by Drs. Shoma Singh and Pratik Dalal, involves a detailed analysis of the intensive case management program for heart failure patients. A nurse practitioner's program has provided pre-discharge education and follow-up management to hundreds of patients in the past several years.

"If we can show we've reduced readmission rates through this program, that's an important piece of research to have available for other hospitals to mirror," said Dr. Ryu. That's a project a resident can dive into, with help from VA pharmacists, nurse practitioners and social workers. A biostatistician would be needed as well.

"We need to maximize the resources we have," Dr. Ryu said.

A new, resident-originated project at the VA, developed by Dr. Gayathri Sathiyamoorthy, is an intensive care unit mobility study looking at the effect of doing physical and occupational therapy consults with patients before they leave the ICU. She got the idea at a national conference, brought it back to Dr. Ryu, and the study is under way.

These kinds of studies are more in-depth than standard case reports, and will give residents valuable research experience. That's important for residents seeking fellowships, Dr. Ulahannan said.

"A lot of fellowship directors look at scholarly activities," he said. "It's not required, but they'll take notice."

The vision for the QI program at the VA is to foster further collaborations with Upstate on resident-driven research projects and to involve other residency programs, such as anesthesiology, pediatrics and surgery.

"The interest is always there," Dr. Ulahannan said, "but the 'how' is what we get stuck on."

Residents interested in research projects can e-mail Dr. Ryu (changwan.ryu@va.gov) and Dr. Ulahannan (ulahannj@upstate.edu).

Internal Medicine Resident Receives Top Poster Award at AMA Research Symposium

Dr. Pallawi Torka, Internal Medicine, was the overall poster winner at an American Medical Association research symposium in Chicago last fall.

Dr. Torka's research – "See one, do one, teach one – Residents, advance directives and the need for a core curriculum" – examined the need for formal training in discussing advance directives with patients.

"The work of Dr. Torka and the other young physicians and medical students shows us that the future of medicine looks very bright," said AMA President Jeremy A. Lazarus, MD. "The research presented at this AMA symposium provides valuable information for current and future physicians. These advances will help them provide the best possible care for patients."

More than 600 abstracts were submitted, the most in the research symposium's 10-year history. The award program began in 2003 to complement leadership opportunities for medical students, residents and fellows who are interested in research.

Dr. Torka also presented her poster at this year's Beyond the Doctorate Research Day at Upstate (at right).



UPSTATE

MEDICAL UNIVERSITY

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

GME Launches MedHub to Replace E*Value

MedHub is a web-based Residency Management System designed to track and document a variety of critical program and resident activities relating to institutional reimbursement and program accreditation, including:

- Resident activities for scheduling
- Curricula delivery and evaluations
- Procedure logging
- Conference attendance tracking
- Reporting

The GME Office launched MedHub for residency programs (including residents and faculty) on March 1. This system replaces E*Value.

MedHub assists Upstate with four major problem areas:

1. Keeping resident /faculty demographics in one place
2. Reporting of resident duty hours (for all residents and fellows) on a weekly basis
3. Realignment of procedures (credentialing) for all programs
4. Creation of one source for billing of affiliates and for the Intern and Resident Information System (reimbursement from CMS)

For residents, MedHub tracks residency educational experiences in real time anywhere with internet access, including:

- Evaluation results
- Rotation/Call/Shift Schedules
- Conference Activities
- Personal calendar
- Ability to log procedures and review summaries
- Ability to evaluate others and review your evaluations
- Ability to review program and rotational Goals & Objectives
- Ability to create Curriculum Vitae through the entries in your "MyPortfolio"
- Ability to review demographic records and files shared by your program.

If you are having problems using MedHub, you can access several tutorials by logging into MedHub and going to your "My Home" tab and then select the "MedHub Community" link under the Resources/Documents section (middle panel). Once on the MedHub Community Page, you can access the "Overview for Residents/Fellows" tutorial by selecting the

Tutorials & Certifications title/link. Also available is the use of the "Help" button on the main portal page which includes a searchable knowledge base, a link for frequently asked questions and a PDF of the complete MedHub User Manual.

As with all new ventures, there may be some glitches along the way. If you have any problems, feel free to contact us at medhub@upstate.edu. The GME Office asks for your patience and cooperation during this transition. Thank you.



Sue Henderson-Kendrick
Director, Office of Graduate Medical Education